

DECEMBER, 1974

Carolina Country



For members and families of N.C. EMC

Hawaii

A DREAM VACATION TO HONOLULU

April 15-23
9 days - 7 nights

\$499

From

Double
Occupancy

Your package includes

- * Aloha party at airport prior to departure
- * Round-trip air transportation via Trans International Airways DC-8 Jet from Raleigh.
- * Meal service and snack service in flight.
- * Complimentary cocktails in flight.
- * Lei greeting upon arrival in Honolulu.
- * Round-trip transfers airport/hotel.
- * Hotel accommodations in Honolulu for 7 nights at the new Ala Moana Hotel (or hotel of equal value)
- * Pre-registration at the hotel.
- * Welcome breakfast and briefing.
- * Tour of Honolulu/Mt. Tantalous.
- * Flight bags for each participant.
- * Luggage tags and special information on where to dine, shop, etc.
- * All taxes and service charges for above services.



A
GREAT
GIFT

*Single Supplement - \$80.00



Minimum pro-rata price based upon the number of seats sold in Trans International airways 254 seat DC-8 aircraft. Minimum pro-rata price for air fare is \$333.72 including \$20 service fee plus \$6 U. S. departure taxes. Including six tour conductors and is subject to an increase of no more than 20% up to \$400.46 including service charge plus \$6 tax depending on number of participants. Flight will be cancelled if increase for any reason exceeds 20% and participants will receive a full refund. Cost of land package is \$159.28.

Send in your deposit today...\$100....Register NOW!

RESERVATION REQUEST

International Travel Group, Inc.

1300 Paddock Drive, Raleigh, N. C. 27609

() smoking () non-smoking

Enclosed please find my deposit of \$100 per person, bal. due 60 days before departure

No. of persons _____ Amount \$ _____ () single room \$80 additional

Name _____

Address _____

City _____ State _____ zip _____

Daytime phone _____ evening phone _____

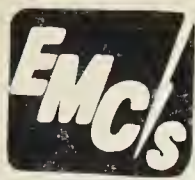
Rooming with _____

Names of additional members of party

_____ rooming with _____

_____ rooming with _____

Note: you will receive information and details of the tour by return mail.



Carolina Country®

Formerly The Carolina Farmer.
3333 North Boulevard
Raleigh, N.C. 27604
Your EMC's Magazine

Read Monthly in More than 240,000 Homes.
Vol. 6 No. 12 December 1974

Glad Tidings, Good Cheer

At year's end, an editor reviewing 1974 finds his thoughts running to the succession of depressing, sordid, and often frightening happenings which have made news since last December.

But another December means Christmas again, and the older I grow the greater are my expectations of Christmas, and the less my inclination to let the realities of the times cloud my image of what Christmas is and does for the spirit.

On that remarkable day so long ago, the angels sang, "Peace on Earth, Good Will Toward Men."

Let that be our message now. The world is not at peace, Christendom is torn with jealousies and suspicions within the nations that traditionally constitute it. Even in our own nation, we have not kept the faith. But this Christmas we can renew it. We must renew it.

To do so, we must understand the words the angels sang. The peace proclaimed is within the grasp of each of us. It is the inner peace people find in human understanding, generosity, tolerance of others' styles and foibles, and forgiveness of those whose acts and words have harmed us.

The wars and violence mankind has endured and which continue to inflame the world, do not mean that angels' message of "Peace on Earth, Good Will Toward Men" has not or will not come true. Christmas has survived in spite of wars and violence. It will continue to survive as long as we cherish charity, humility, and love another. It will last as long as there are adults who remember what Christmas meant in their childhood and as long as there are children who delight in its mystery and magic.

I have known Christmas in the Depression, Christmas in that sad December when my mother died, Christmas in adversity, Christmas in Bastogne, and Christmas 10 years ago when illness had rendered me "totally and permanently disabled."

I have never known a Christmas I want to forget, nor a Christmas in war or peace that did not reaffirm for those who truly love Christmas the truth the angels sang:

"Peace on Earth, Good Will Toward Men."

Jim Chaney

Notice: The fact that a product is advertised in this magazine should not be taken as an endorsement. If you find an advertisement misleading, or a product unsatisfactory, notify us. We will notify Attorney General's Consumer Protection Division.

COVER — "Madonna and Child with Saints and Donor," a richly colored little 15th Century painting from northern Italy, is one of many great works of religious art owned by the people of our state at the North Carolina Museum of Art in Raleigh. It was part of the original Kress collection from which the Museum's art treasury has grown. Photo courtesy the Museum of Art, and *North Carolina*, the magazine published by the North Carolina Citizens Association, Bill Armstrong, editor, from which the separations were borrowed.

This Month . . .

- CHRISTMAS FAMILY STYLE
- TAR HEEL BOOK HARVEST
- THE CAROLINA HOMEMAKER
- KITCHEN CORNER
- POET'S CORNER
- TEEN ROUNDTABLE
- HEAT PUMPS DO IT BEST

CAROLINA COUNTRY (formerly THE CAROLINA FARMER) IS PUBLISHED MONTHLY BY NORTH CAROLINA ELECTRIC MEMBERSHIP CORPORATION. SECOND CLASS POSTAGE PAID AT RICHMOND, VA., 23219. EDITORIAL OFFICES, 3333 NORTH BLVD., RALEIGH, N.C. 27604. POSTMASTER, SEND FOR 3579 TO 3333 NORTH BLVD., RALEIGH, N.C. 27604. EMC GROUP SUBSCRIPTIONS, 75 CENTS A YEAR; INDIVIDUAL \$1. ADDRESS ALL MAIL TO: CAROLINA COUNTRY, 3333 NORTH BLVD., RALEIGH, N.C. 27604.

THE SECURITY PROJECTOR PLAN

AN EXCELLENT GIFT FOR YOUR CHILDREN
OR GRANDCHILDREN.

a thousand dollar
life insurance program
for a total cost of \$60 to age 23
then the policy increases to
\$5,000

for an annual premium of \$75.00

(Not available in Florida, New York, and New Jersey)

ACT NOW!

Application to
SECURITY BENEFIT LIFE INSURANCE COMPANY
Topeka, Kansas

FOR LIFE INSURANCE ON THE
Security Projector Plan
FOR CHILDREN (Ages 15 days to 18 years)

1. Proposed Insured

(Last) (First) (Middle Initial)

2. Sex (M or F) Date of Birth

Place of Birth

Height ft., in.; Weight lbs.;

Birth Weight (if under age 2)

3. Applicant-Owner

(Last) (First) (Middle Initial)

Relationship

4. Permanent Home Address

(Street) (City) (State) (Zip)

5. Beneficiary

Relationship

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| 6. a. Will the insurance being applied for replace or change in whole or part any policy now in force? | Yes | No |
| b. Has Proposed Insured ever been treated for or had any indication of: heart disease, convulsions, diabetes, kidney disease, anemia, rheumatic fever, or congenital disorder? | | |
| c. Has Proposed Insured had any medical advice, examination, or treatment during past 5 years? | | |
| d. Do you know of any existing impairment in Proposed Insured's health or physical condition? | | |

7. Explain any Yes answers to question number 6:

8. Dividend Option

☐ Cash ☐ Accumulation ☐ Paid Up Additions ☐ Reduce Premiums

9. Automatic Premium Loan Provision requested

☐ Yes ☐ No

To the best of my knowledge and belief the statements above are true and complete and shall be the basis for the issuance of a policy and will become a part thereof.

I UNDERSTAND THAT THE INSURANCE APPLIED FOR SHALL NOT TAKE EFFECT UNTIL THE FIRST PREMIUM IS RECEIVED AND UNLESS THE APPLICATION IS APPROVED BY THE COMPANY. I understand no agent shall have authority to change the policy or this application or to waive any of their provisions.

Dated at _____, on _____, 19____

Applicant's Signature _____

CC SBL AREA 4-E U763

What Is The Security Projector Plan?

Security Benefit Life's Security Projector is a new idea in cost life insurance protection especially designed for children.

Initially the Security Projector Plan provides \$1,000 of economical term coverage which expands to \$5,000 of permanent insurance when your child reaches age 23. You pay only one convenient premium of \$60.00—to cover your child from present age to age 23.

Who Can Be Insured Under This Plan?

The Security Projector Plan is available to children—both girls and boys—from 15 days to 18 years.

What Are The Advantages Of The Security Projector Plan?

When you purchase this low cost protection for your child you are laying the foundation for his financial estate — plus giving him an opportunity to expand on this protection without evidence of insurability. Initially the Security Projector Plan is an economical term insurance policy but when your child reaches age 23 it expands to \$5,000 of permanent insurance — automatically. Then if your child wishes, he can purchase an additional \$5,000 of permanent protection at age 25, 28, 31 and 34 or on marriage, birth or adoption of a child — at standard rates and without medical examination. The Security Projector Plan not only provides protection for your child today but later provides a lifetime setting protection with ever-growing cash value!

How Are Premiums Paid?

One convenient, single premium of \$60.00 is all you pay to cover your child to age 23. If you wish you may purchase two Security Projector Plans on one child; however, the Plans must be applied for individually. On the adjustment date, the Security Projector Plan jumps five times its initial amount to \$5,000 of permanent (cash value) insurance protection. Then the annual premium rate becomes \$75.00 a year for both men and women. After age 23 for the young adult the Security Projector Plan offers several convenient methods of premium payment.

How Do I Enroll My Child?

Just complete the simple, attached application form and place it with your check for \$60.00 in the mail to the Security Benefit Life Insurance Company, P.O. Box 26626, Raleigh, N.C. 27611.

ADDITIONAL QUESTIONS YOU MAY HAVE ABOUT THE SECURITY PROJECTOR PLAN

Q. What if my child enters military service?

Your child's Security Projector protection will continue even after the adjustment as long as premiums are paid. The policy contains no war or military exclusion of any kind.

Q. What if my child leaves school?

Even if it is necessary that your child leave school—either temporarily or permanently — the Security Projector Plan will continue to provide economical protection even after the adjustment to permanent protection—just as long as the premiums are paid.

Q. How are claims filed?

Simply by notifying the Underwriting Company at its Home Office in Topeka, Kansas. Claim forms will be sent to you by return mail.

Q. Who owns the Security Projector Policy?

You — as applicant and the child's parent, grandparent or guardian — own the policy. Ownership, however, may be changed by proper written application to the Security Benefit Life Insurance Company.

Q. How can the Security Benefit Life Insurance Company offer protection at such a low premium?

Through advances in medical science and our high standard of life insurance in America, children have become more favorable insurance risks and if your youngster enters adult life with a foundation of protection, such as the Security Projector, he will undoubtedly benefit to this basic plan. Security Benefit Life trusts we will have the opportunity to serve your child again as his need for life insurance protection increases.

SBL

Security Benefit Life Insurance
Serving 49 states founded 1891
Over 3½ billion in force.

For further information on this plan and/or quotation for any age without obligation mail to: SECURITY BENEFIT LIFE, P.O. Box 26626, Raleigh, N.C. 27611.

Name _____

Date of Birth _____

Address _____ City _____

State _____ Zip _____

Telephone No. _____

AVAILABLE FOR YOU NOW! ONE PAYMENT
OF \$60.00 PAYS UP POLICY TO CHILD'S AGE
23.

MORTGAGE FINANCING

EASY ST



THE LEXINGTON
four bedrooms — two baths.

...it's available now!



Jim Walter can build and finance your new home now!!!

The "money squeeze" won't keep you from having the new, permanent home of your dreams... not if Jim Walter is your builder. You can choose from more than twenty models and construction will begin almost **IMMEDIATELY**... almost **ANYWHERE** that you own property. You get custom construction (not pre-fab or pre-cut) and quality materials, such as wood-mode-better hordboard siding that seldom needs paint, heavy-duty roofing and aluminum windows that never show unsightly rust stains even without painting. And Jim Walter will build your dream home at a low, low, down-to-earth price.

Why wait??? Begin enjoying home ownership now. Jim Walter always finishes the outside completely, from the foundation to the last coat of paint. The inside can be finished to almost any degree of completion but you'll save money by doing some or all of this work yourself. You have the option to purchase interior materials and installation of **ELECTRICAL WIRING AND FIXTURES, PLUMBING, KITCHEN AND BATH FIXTURES AND CABINETS, FLOORING, WALLS, DOORS AND TRIM.** When Jim Walter installs all interior options, you just point or paper walls, paint trim, connect to outside utilities and move in. Many Jim Walter Homes' customers purchase and install optional materials themselves and save even more... you can, too. Either way, the cost can be included in your mortgage.

- OVER 20 MODELS
- BUILT ON YOUR PROPERTY

There's a one, two, three or four-bedroom dream home for your future **TODAY**... and Jim Walter offers mortgage financing. Call, visit or send the coupon to the nearest Jim Walter Homes' display park for a 24-page, full-color catalog of homes and complete, no-obligation information.

INSTANT
MORTGAGE FINANCING
to qualified property owners

**A COMPLETE LINE
OF SECOND HOME
COTTAGES**



SIERRA

ASHEVILLE, N.C. 28806
P.O. Box 6242
S. Hwy. 19 & 23 West
Phone 667-5484

NEW BERN, N.C. 28560
P.O. Box 2372
Kinston Hwy. West
Phone 633-2105

ELIZABETH CITY, N.C. 27909
P.O. Box 572
Hughes Blvd. & Main St.
Phone 335-4252

CHARLOTTE, N.C. 28208
P.O. Box 8046
101 Wilkinson Blvd.
Phone 399-8317

FAYETTEVILLE, N.C. 28306
P.O. Box 4153
Hwy. 301
Phone 485-6111

GREENSBORO, N.C. 27407
P.O. Box 7218
3025 Highpoint Rd.
Phone 292-0261

ICKORY, N.C. 28601
P.O. Box 546
350 Hwy. 70 S.W.
Phone 328-1811

WILMINGTON, N.C. 28401
5815 Market St.
Phone 799-3657

ROCKY MOUNT, N.C. 27801
P.O. Box 1897
Hwy. 301 South
Phone 446-9128

When you think of a new home... think of
Jim Walter Homes

JIM WALTER HOMES
(Mail to nearest office)

I would like to have more information and the cost of building on my property. I understand there would be no obligation to buy and that you would give me these facts free of charge.



NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Telephone (or neighbors) _____
If rural route please give directions _____
I own property in _____ County.

CHRISTMAS FAMILY STYLE

By Owen Bishop

Lacy S. Vernon of Mt. Airy says Christmas for his family is a time of "good old country-American activities."

His concise description encompasses the decorating, the special church programs, the family gatherings, the hearty holiday meals, and the loving exchange of gifts which characterize the traditional Christmas celebration in rural America.

Carolina Country Life Styles

Vernon and his wife, Annie Lee, depart somewhat from that tradition by starting their Yuletide celebration a bit early: Their wedding anniversary falls on December 22.

"This makes Christmas an even bigger holiday for us," Vernon said.

The Vernons and their three children, Penny, 13, David, 18, and Terry, 20, usually start their Christmas Eve by attending the Lovefeast and Candlelight Service at their own Grace Moravian Church in Mt. Airy.

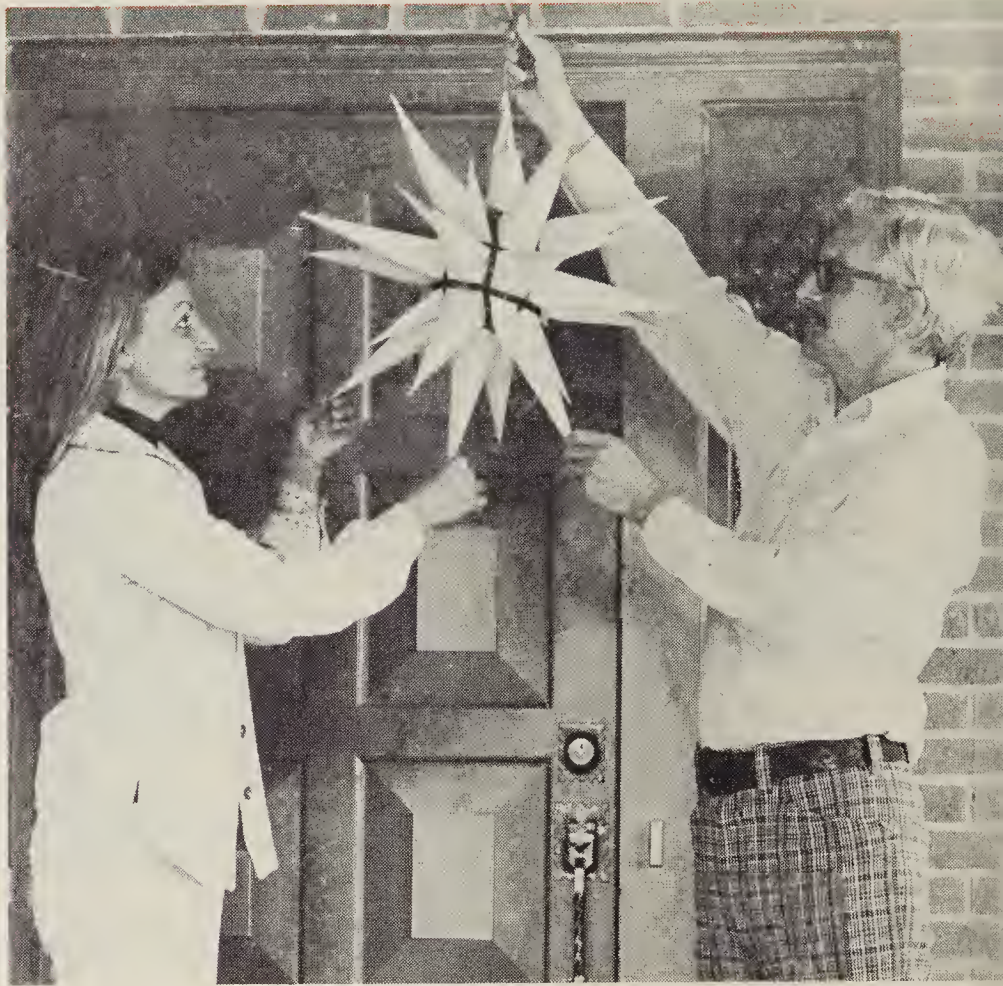
The program generally begins with Christmas music by the church band and the service itself opens with the Lovefeast. This service of fellowship includes coffee and either sugarcake or special Moravian buns.

Following the sermon, candles are passed around and the flame from a single candle at the front of the church is passed from pastor to ushers to each member of the congregation.

"This symbolizes the light and truth of Christ, which is passed from one person to another," Vernon said.

A Virginia native who has called Mt. Airy home since childhood, Vernon serves as vice chairman of the church's Board of Elders. This is the highest lay post in the church, since the pastor is always chairman.

Vernon was reared a Baptist, but has been a member of the church for 18 years.



Hanging the Christmas star is a custom in many Moravian homes.

When he joined in 1956, he was attending Draughn's Business College in Winston-Salem, commuting from Mt. Airy. The Vernons had married in 1952, while he was in the Army, and returned to Surry County following completion of his tour of duty.

After a year at Draughn's, Vernon joined Mt. Airy's North Carolina Granite Corporation in its cost accounting department. Since then, he has worked his way through various departments to become the company's executive vice president.

Grace Moravian Church, which was Mrs. Vernon's home church, is the only church of its faith in Mt. Airy. It claims a congregation of about 450.

It is sometimes pointed out as a local landmark for it was here that TV star Andy Griffith launched his performing career as a young trombonist in the church band.

After the church's Christmas Eve service, the Vernon family usually joins Mrs. Vernon's nine brothers and sisters to exchange gifts at her

mother's home.

"There are probably 50 of us who all the families get together," Mrs. Vernon said.

Later, at home, the Vernons gather around their own Christmas tree to open more gifts.

"We usually open the presents together, we give each other on Christmas Eve," said Terry. "And, then there's Santa Claus the next morning!" she added, laughing.

Mrs. Vernon laughed too, saying, "She's 20 years old and still believes in Santa Claus!"

Last August, the eldest of the Vernon children moved out of the home the family had occupied for about a year ago. That's when she married Joe Hooker of Mt. Airy, who works at a local foam manufacturing firm. Terry works at Coble Dairy.

The Vernons spent Christmas Eve with Lacy's mother.

"She enjoys fixing Christmas dinner for all of us so we spend the day at home there," Mrs. Vernon said.

"I'm an only child," Lacy pointed out. "So we have a much smaller gathering than Ann's family."

Christmas, 1974, is expected to follow the pattern of years past, although the family group will be expanded to include son-in-law Joe for holiday activities.

And, the church will probably offer two Christmas Eve services for the first time.

"We've just been overflowing the church for the last couple of years," said Vernon.

The church also plans to sponsor its second annual Singing Christmas Tree this year.

As a member of the church choir, Mrs. Vernon is very much involved in this project.

The choir has been hard at work preparing for this program and its annual Christmas cantata, which is presented on the Sunday before Christmas each year. They've been practicing for these programs since October.

"I guess it just takes us a long time to find the tune," Mrs. Vernon grinned.

She takes the extra choir practice in her stride, along with daily commuting to Winston-Salem, a distance of 43 miles each way.

She makes the trip in order that Penny can attend the Children's Center for the Physically Handicapped in Winston-Salem. Penny, who has Cerebral Palsy, has been attending the school for the past seven years.

"Surry County pays her tuition because there's no facility for such children here," Mrs. Vernon said. "It's a good school and they do a marvelous job with these children, with both education and physical therapy. I feel fortunate that Penny got in there."

Penny's condition was discovered when she was 11 months old. Her mother recalls the family's reaction:

"At first you don't want to believe it. And then finally you have to accept the fact that she's going to be like that. I guess maybe it did bring the family closer together."

Initially, Mrs. Vernon handled Penny's physical therapy training.

"I'd take her down to the clinic at the Health Department. They had a physical therapist come in on fourth Fridays and she would show me the

exercises and I'd help Penny do them everyday. It would take us all morning just to do those exercises."

When Penny was four, she had surgery to lengthen her heel cords so her heels would touch the floor. For that, she had to spend six months at the Cerebral Palsy Hospital in Durham.

At age six, she spent another seven months at that hospital for surgery to improve her walking capability.

"When she was at Durham, we couldn't see her except on Sundays from 12 to 5. We'd all go down there on Sundays, take her out to lunch and have a visit," her mother said.

Now, Penny can get around with the aid of crutches and has reached the third-grade reading level in school.

"She's come a long way," Mrs. Vernon said, "but I try to treat her just as I would David. I don't make exceptions for her so she does what she can do. In fact, I ask more of her sometimes than she can do to keep her working at it."

Terry and David say Penny's handicap has made no difference in their family life experience — unless it was to draw the family closer.

"The three of us have always been real close," said David, a student at

Surry Community College. "No two of us can fuss at each other without the third hopping in."

Penny attends the Children's Center from 8:30 a.m. until 2:45 p.m. each day, August through June.

"They go 11 months a year because they need their physical therapy right on," said Mrs. Vernon, who works at Thomas Jefferson Junior High School cafeteria in Winston-Salem.

She took the job after Penny was enrolled in the school because it gave her "something to do" and the hours matched Penny's.

Penny said she likes the school so much she'd prefer not having the month of July as vacation.

"I can't wait; I get so bored," she said.

Outside of school, Penny loves rock and roll music and football games on TV. She's quite a fan of the Washington Redskins.

When she was asked what she likes most about Christmas, she pondered the question for a long moment, then smiled and said, "The presents!"

Her mother laughed at the candid answer, "Well, that's certainly being honest about it, Penny!"



The Vernon Family: Lacy, David, Joe Hooker, Annie Lee, Penny and Terry.

A Look At Tar Heel Books

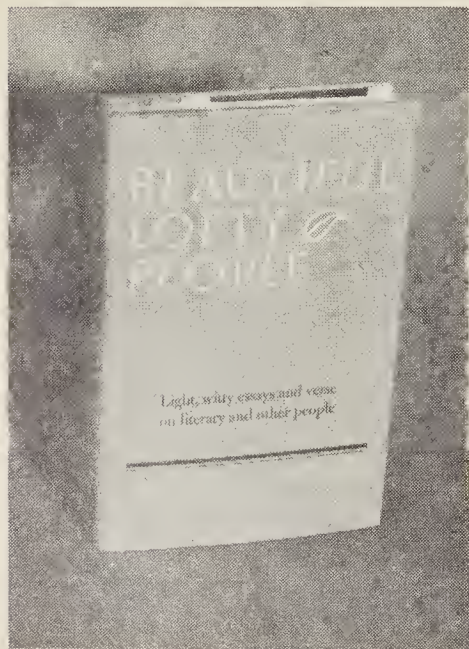
By Sam Ragan

Several years ago a literary critic spent some time in this state and went back to New York to write that one couldn't throw a rock in North Carolina without hitting a writer.

This year's crop of books shows that Tar Heel writers still are going strong. Indeed, the whole Southern Renaissance in literature which began in the 1920s is little diminished.

Quality marches along with quantity, as the winners in this year's literary competitions testify.

There was a total of 56 books entered in the competitions for which awards were presented during Culture Week (November 12-16) and many more books were published which did not fall within the framework of the awards.



Winner of the Mayflower Award for the best book of non-fiction published by a North Carolinian the past year was Helen Bevington of Durham for *Beautiful Lofty People*.

Doris Betts of Sanford received the Sir Walter Raleigh award for the best book of fiction, her collection of short stories, *Beasts of the Southern Wild and Other Stories*.

Campbell Reeves of Raleigh won the Roanoke-Chowan Award for poetry with her *Coming Out Even*.

Winner of the American Association of University Women award for books for young readers was Suzanne Newton of Raleigh for *C/O Arnold's Corner*.

It is interesting to note that all four winners of this year's top awards are women, and it is worth noting that all through the years of the Southern Renaissance women have played a major role in the South's literature. Why are there so many more first rate women writers in the South than in any other region of the country? It's an intriguing question and no one as yet has fully explored it. At the University of North Carolina in Chapel Hill this year, however, there's a full credit course on Southern women writers.

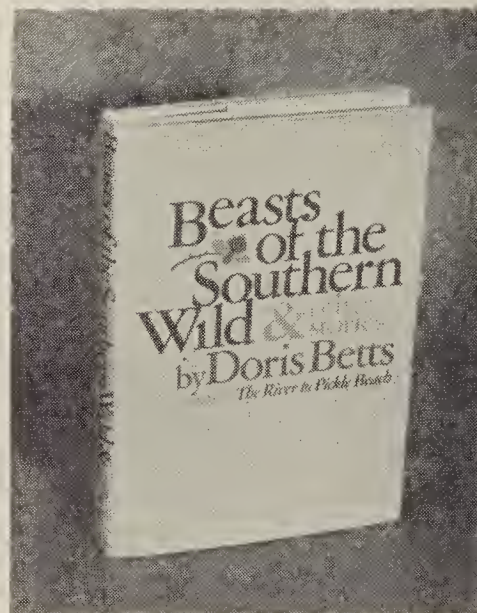
In this year's Roanoke-Chowan poetry competition all of the eight books entered were by women, and six of the 12 books entered in the Sir Walter Raleigh fiction category were by women novelists.

If one was starting a North Carolina library this would be a good year to start, because there are several books of considerable distinction in the publishing lists of the past year.

Starting with the prize winners we would make special mention of Helen Bevington's *Beautiful Lofty People*, (Harcourt, Brace, Jovanovich) which is a collection of essays of grace, charm and wit, something which distinguishes all of her writing, prose and poetry. Mrs. Bevington is not only a fine stylist and craftsman, she is probing in her insights and in this book she introduces us to many beautiful, lofty people, people she has met in her personal and literary journeys around the world. It is a delight to read, and perhaps after reading this, her latest book, you will go back and read her memoirs and her poetry.

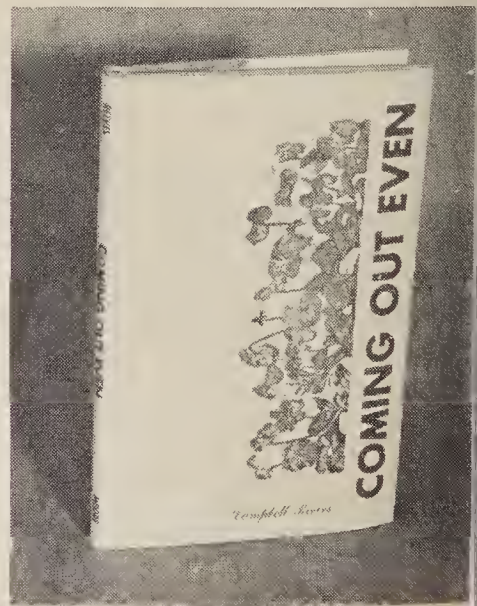
Doris Betts is a master story-teller and the short story is where her first-rate talents are fully displayed. A teacher of creative writing and English at the University of North Carolina at Chapel Hill and the wife of a Sanford attorney, Mrs. Betts has published several novels and an earlier collection

of stories, *The Gentle Insurrection*. *Beasts of the Southern Wild and Other Stories* (Harper and Row),

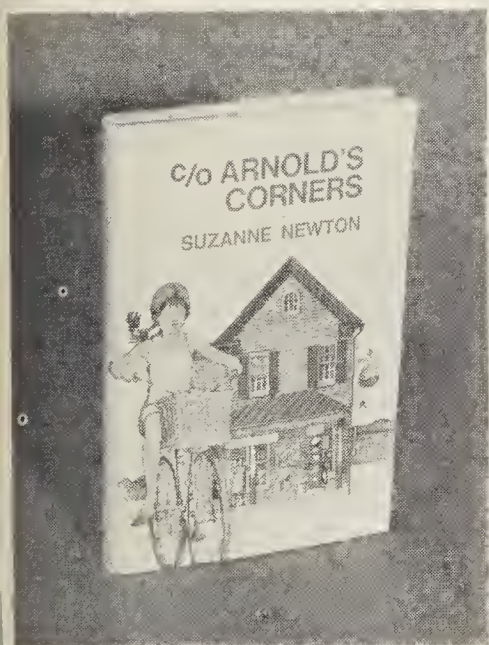


book which was also nominated for National Book Award this past year we find a completely mature talent at work. She is a superb craftsman with a distinctive style and a marvelous insight into the human condition, as well as the human dilemmas which confront all of us. There are many unforgettable characters and incidents in her stories.

Coming Out Even is Campbell Reeves' second collection of poetry. Published by Moore Publishing Company of Durham, this is a more impressive collection than the first, displaying an original talent. Her poetry

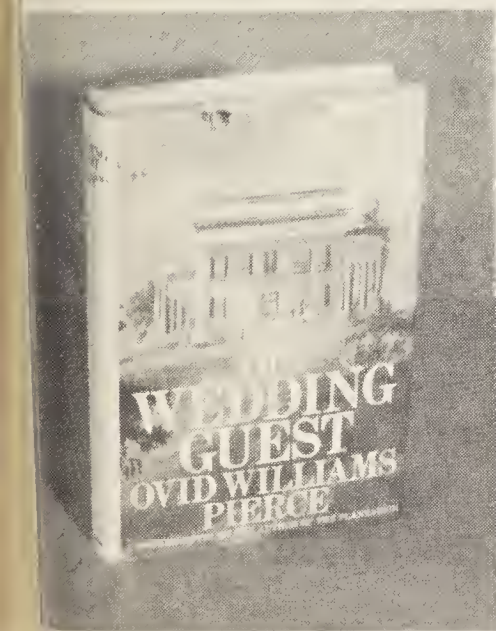


concise, sharp and clear, and springs from an inquiring mind and a poet's keen ear and eye. A native of New Zealand, Mrs. Reeves taps her beginnings for many of the poems found in this fine volume, but many others come from observations and felt experiences in North Carolina.



Suzanne Newton is a talented story-teller and *C/O Arnold's Corner* (Westminster Press, Philadelphia) is a good showcase for that talent. This is her second book in two years and she gets better and better as she sharpens her writing skills. In this prize-winning book, which adults will enjoy as much as young readers, one is impressed by the easy flow of her style and the keenness of her observations for sights and sounds and the details of everyday living.

All of these winners in this year's contests triumphed over tough competition.



There was, for instance, a major novel from Ovid Williams Pierce, Halifax County native and teacher of creative writing at East Carolina University. *The Wedding Guest* (Doubleday and Company) is, in my opinion, the best of Pierce's four fine novels, all rooted in his native land of Eastern Carolina. In this novel of the contemporary scene, Pierce explores the rootlessness of our mobile society and how the disappearance of a sense of place has also caused the disappearance of many human values. It's a powerful novel with a special message for Tar Heels.

Another novel with an Eastern Carolina setting is Sarah S. Allen's *Ginger Hill* (John F. Blair, Winston-Salem), in which black and white relationships are probed and how enduring bonds were established in our rural society.

A comic novel which has enjoyed a national reputation is Linda Grimsley's *Guerrilla In the Kitchen* (Liveright, New York), in which Mrs. Grimsley of Raleigh takes a light-hearted look at the problems of coping as a housewife as well as some of the superficial aspects of the women's liberation movement. A first novel, it is a very funny book, and there are more to come from this talented writer.



Helen Tucker of Raleigh has written another of her finely crafted novels. In *The Virgin of Lontano* (Stein and Day, New York) she demonstrates the skills of story-telling which has made her one of the popular novelists of the day.

Robert Early's *The Jealous Ear* (Houghton Mifflin Co., Boston) has been a contender for national literary

honors. A former monk and member of the Order of St. Benedict, Early has left the order to devote full time to writing. *The Jealous Ear* is a penetrating story of growing-up in a small North Carolina town.

John Foster West, who teaches writing at Appalachian State University, has staked out his native North Carolina mountains as his territory, much as Guy Owen has staked out Southeastern North Carolina as his with his fictional Cape Fear County. *Appalachian Dawn*, published this year by Moore Publishing Co., is a sequel to West's much-praised *Time Was*, and in it he again gives us a detailed look at mountain folkways and customs as well as introducing to us some unforgettable characters. West is also a poet and his prose writing reflects those talents.

Another fine novel from Moore Publishing Co., is *Tide's Turn* by June Strader, a former student in Manly Wade Wellman's creative writing class who demonstrates she has learned well from her teacher the art of story-telling.

In *The Way of the Shadows*, (Exposition Press) Josephine Stephens Brown of Southern Pines tells a heart-warming story of a youth's development in manhood and his experiences in a state juvenile correctional school.

Other books entered in the Sir Walter Raleigh fiction competition included Richard Lockridge's *Death On the Hour* (J.B. Lippincott); Lloyd Kropp's *Who Is Mary Stark?* (Doubleday and Co.); and James Bruce Eure's *The Swamp Angel* (Exposition Press).

All of the six entries in the AAUW competition for juvenile books could be rated as superior. Joyce Proctor Beaman's *All for the Love of Cassie* (Moore Publishing Co.) demonstrates again how talented this young Eastern Carolina writer is in the telling of a story set in her native region. This is her second book and there are promises of many more.

Ozell K. Freeman's *North Carolina, The Goodliest Land* (Delmar Companies, Charlotte) is a portrait for young readers of the state.

There are few writers and artists more prolifically talented than Glen Rounds of Southern Pines, and *The Day the Circus Came to Lone Tree*

(Continued on page 16)



**equal
opportunity**
TOTAL
membership
INVOLVEMENT

A LOOK AHEAD

By David A. Hamil

*Administrator, Rural Electrification
Administration*

We can be most optimistic as we look ahead to REA-financed systems' total membership involvement.

We can predict more than compliance with Civil Rights and Equal Opportunity legislation. We are achieving compliance. Our staff will continue to help borrowers comply with law. But more than this, every day we are apprised of new minority board members elected to full terms; another co-op's establishing a work-education project in affiliation with local technical schools and colleges; minority employees proving themselves capable, loyal and efficient additions to the permanent staff.

Technology is on the side of total involvement. As cooperative jobs grow more complex, they also become more and more colorblind. Rural electric cooperatives are using computers in billing, filing and other chores. Their lines are monitored by complex radar, closed circuit television and other methods. Job requirements demand the best talent available, without any other regard.

We can look for co-op management to draw more and more of its employees from ranks of the best qualified young people of its service area. More co-ops are entering into training programs to provide the kind of workforce they need to meet the present-day demands.

We also see progress in the active involvement of all community members in the affairs and activities of their rural electric cooperative.

How can your co-op make our

mutual goals a reality? There are many ways, but you and your people can achieve total community involvement. To be meaningful though, it must be done voluntarily. You can begin by informing the public that as a federally financed institution the co-op is directly affected by Equal Opportunity and Civil Rights laws. You can display lobby posters, use billing, truck and all media advertising. You can contact the minority community on the subjects of open hiring practices, on co-op member rights and on annual meeting attendance. You can utilize present minority employees to encourage and recruit other qualified local people for an expanded co-op workforce. You can build the image in your community that the co-op is indeed an "equal opportunity" employer.

Perhaps tradition has created a negative attitude in the minority community. The co-op does not hire minorities, so they don't apply. You'll have to encourage them to seek jobs with you. You must be certain of the courtesy of every co-op employee toward every segment of the public. You can keep records of minority services added, minority employment, minority attendance at annual meetings and minority participation in co-op activities. Most of all, you can be sure your civil rights program shows progress each year. When you do all these things, you will have reached out, taken steps toward full compliance and total community involvement, and the rewards will come in to you and your co-op.

We believe that as young minority employees prove their value their willingness to work and learn their responsiveness to fair opportunity, more and more co-ops will shed traditions or prejudices from the past. Good people, good workers, simply don't come in any particular color. More and more co-ops are learning this every day. It's a great lesson all of us learn sooner or later — some sooner than others.

It may be that in some areas technical training may have to be given a bigger push in order to equalize educational inequities. But where raw talent exists, the effort to develop and promote it is never wasted.

We urge all REA borrowers to move toward equal opportunity and total community involvement. It is good business. But it is a great deal more. It is one of the proven best ways to improve the quality of life on every level in rural areas. It is one kind of rural area development. It may be the one kind that pays the biggest dividend because as the standard of living is raised for one, it is improved for all. As living standards rise, individual and family needs expand, markets improve, building increases, business thrives and non-benefits more than the rural electric system which started it all in the first place.

These are some of the reasons we invite you to look ahead with us, grow with us, and take part in what may yet prove to be the greatest adventure of the Twentieth Century — total human involvement.

"Pampered" Christmas Tree

The National Christmas Tree is alive and well in Washington, D.C., and the National Park Service intends to keep it that way.

"It will probably be the most pampered tree the Park Service has," says the man responsible for its health, D. James Lindsay, chief horticulturist for the Service's National Capitol Parks division.

Lindsay has gone to great lengths to ease the shock of the tree's transition from its mountain environment, and to improve its chances for a long, healthy life. It is the first to be planted. In the past, a fresh tree has been felled each year and transported to Washington to stand during the Christmas season.

The permanent tree is a 40-foot Colorado Blue Spruce from the yard of a private home in the mountain town of Schickshinny, Pa.

It is a gift from the National Arborist Association, whose members located and purchased it and paid for its transplanting. In the search that started last January, hundreds were screened and half a dozen recommended to Lindsay.

Lindsay said he picked it not only for its beauty, but also because of its health — "its ability to withstand the shock of moving and to survive in a new environment."

The tree is now planted in the traditional site — the Ellipse, south of the White House. As in past years, it is flanked by 57 smaller trees representing the 50 states, six territories and the District of Columbia. These also are alive. They will be replanted in January along nearby parkways.

The National Christmas Tree is planted above ground level in what amounts to a huge flower pot. A circular wall was built over an elaborate drainage system and then filled with soil from suburban Maryland that was selected by Lindsay for its similarity to the Schickshinny soil.

To help the tree through Washington's notoriously hot summers, it has been fitted with its own automatic misting system.

Plastic tubes along the trunk and branches end in nozzles that spray fine mist. Water flow is regulated by an automatic timer set according to the season and weather conditions. Initially installed to help re-acclimate the tree, the system may become a permanent fixture if needed.

The tree's biggest foe is pollution. Lindsay explained that evergreens collect far more pollution deposits than hardwoods because they often hold the same needles for several years. The accumulating pollution blocks out sunlight needed for photosynthesis and plugs up pores that absorb water and carbon dioxide.

"To fight this pollution, the tree will be cleaned with fire hoses from time to time," Lindsay said.

To prevent the tree from drying out this first winter, it has been sprayed with a clear plastic that cuts down the amount of moisture given off by the needles. This is necessary since many roots



were lost when the tree was transplanted, reducing its normal capacity to absorb moisture and nutrients from the earth.

"Usually," Lindsay said, "you would cut back the top to compensate. But for obvious reasons, that is not possible with this tree."

The solitary tree is supported by three heavy-duty cables to help it withstand heavy winds.

Lindsay also plans to keep it well fertilized. And he contemplates some preventive sprayings to protect the tree from spruce gall aphids and red spiders, its worst insect enemies.

And to avoid undue heat, the 9,000 colored electric lights normally used for decoration are being eliminated. Illumination will come only from small floodlights on the ground — a coincidental boon in the energy crisis.

But for all this loving care, Lindsay does not expect the National Christmas Tree to grow as big or live as long as it would back home.

The tree is now about 50 years old and about 18 inches through at its base. Lindsay expects it to live about 150 more years and reach about two feet in diameter and 90 feet in height. It might have lived to be 400 to 600 years old and 130 feet tall in Schickshinny.

However, that was at an elevation of 1,000 feet where the summers are cool, moisture abounds, and in particular, the air is unpolluted. Now, after the shock of transplanting, the tree is asked to live at sea level, endure hot and humid summers, and encounter nearly continuous pollution.

"It has got an uphill battle to grow," Lindsay said. "But we'll give it all the help we can."



Dr. White reads Christmas stories at the Carter Child Care Center at UNC-G.

TIPS FOR PARENTS DURING Christmas

**The Carolina
Homemaker**
Edited by Brenda Sargent

It's Christmas vacation. The house is buzzing with holiday activities and children home from school — all day. How does a parent cope with it?

The answer is to involve the children in Christmas activities the family can share, suggested Dr. Nancy White, a child development specialist in the School of Home Economics at the University of North Carolina at Greensboro.

"Parents should make children a part of, not apart from, their planning for the holidays," Dr. White said.

"One way to do it is to let them help in decorating the house. Even very young children enjoy making things decorating orange juice cans, making papier-mache figures and creating simple candle holders. And there are the traditional things like stringing popcorn and cranberries and

making paper chains."

It's a good idea too, she said, to let the children decorate their own Christmas tree, perhaps in their own room. This can prevent an accident caused by a little one attracted to the lights and fragile ornaments on the family tree.

An imaginative parent can think of many ways to keep children busy.

"One mother told me recently that the children in her neighborhood had their own Christmas parade," Dr. White said. "They had a Santa, majorettes and recorded music. Santa's sleigh was a wagon pulled by two children dressed as reindeer. The parents were the spectators."

Home activities for three-to-five year olds can include making holiday wrapping paper from white tissue splash with tempera paint or printed with cutouts made from potatoes or carrots, making table decorations with greenery and berries, creating tree ornaments from empty three

pools and pop bottle tops, and designing paper bag and puppets and masks.

Older children like to do simple cooking, and their products can be used as gifts, Dr. White said. Also, they can make nativity figures from papier-mache — strips of paper soaked in starch. And they can make collages by pasting macaroni, rice and other grains on cigar boxes.

Dr. White noted that children tire easily during the holiday and suggested that parents plan periods of active and passive or restful things for them to do.

She recommended that parents leave children at home when they go on long shopping trips. "If they have to go, take along a toy, or maybe several things for the child to muse himself with," she said.

"There are differences of opinion on what to tell children about Santa Claus," Dr. White said. "I personally think it's fine — it's fun."

But, she added, "I think it's wrong to let them believe that Christmas is just Santa Claus. And I dislike seeing parents threaten a child with Santa — telling them he won't come unless they behave."

Making up a Christmas list can help teach children activity, Dr. White pointed out. "Children want every-

thing they see on TV. Parents can take the child to a store and let him see toys in operation. Sometimes he finds they aren't what he thought they were.

"Parents can set limits on what they are able to buy," she added, "and say to the child, 'Tell me three things you'd like to have.' The important thing is to emphasize the spirit of giving. The more you talk about this in advance, the less disappointment there will be on Christmas Day."

"A lot of what the child gets out of Christmas is what the family means to him. He might get few gifts, but the family can express much devotion and love by sharing activities."

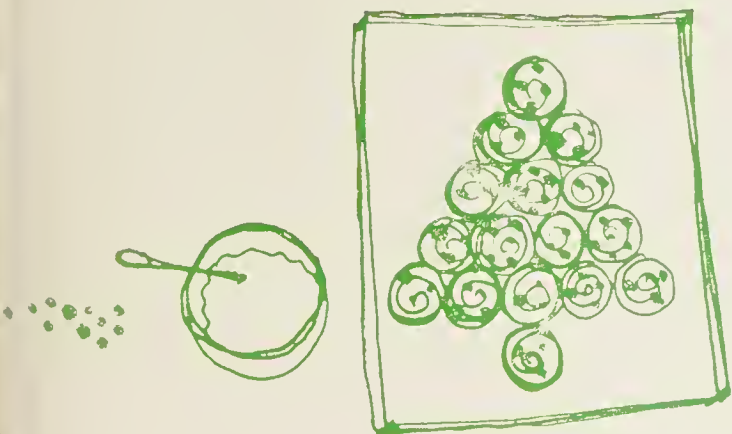
Jeanne Morgan
UNC-G News Bureau

Dr. White, an associate professor, received her Ph.D. in child development from the University (then Woman's College) in 1963. She is a consultant for the State Department of Public Instruction Kindergarten Institutes. In addition, she has been chairwoman of the Committee on Early Childhood Education for the Governor's Study Commission of Public Schools and a national consultant for Headstart.

More Tips for a Festive Holiday

For a fun food treat . . .

Take two packages of refrigerator cinnamon rolls and arrange on a greased cookie sheet in the shape of a Christmas tree. Bake according to directions, and frost with icing. Sprinkle with candied cherries and citron. Voila!! a delicious holiday bread.



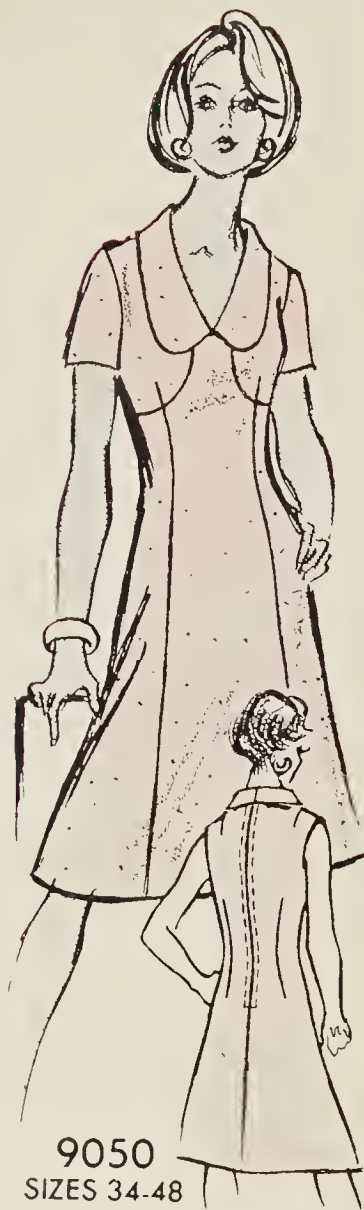
For your own goodie basket just take a collapsible salad and fruit washer. Fill it full of cookies, candies and fruit. Long after the treats are gone, the cook will remember your thoughtfulness when using this handy kitchen utensil.



During the holiday season keep your holly arrangement looking fresh by dissolving a cup of brown sugar in a quart of warm water and use this sugar-water mixture in the container. Add fresh water to your arrangement as needed.



FASHION FAVORITES



Pattern No. 9303 is cut in sizes 34, 36, 38, 40, 42, 44, 46, and 48.
 Pattern No. 9354 is cut in sizes 8, 10, 12, 14, 16, and 18.
 Pattern No. 9081 is cut in sizes 6, 8, 10, 12, and 14.
 Pattern No. 9256 is cut in sizes 10½, 12½, 14½, 16½, and 18½.
 Pattern No. 9050 is cut in sizes 34, 36, 38, 40, 42, 44, 46, and 48.

Send \$1.00 in cash (no stamps) for each pattern to:
 CAROLINA COUNTRY, Box 42, Old Chelsea Station, New York,
 N.Y. 10011. Add 25¢ for first-class mail and special
 handling. Be sure to include your full address, zip code and pattern size.

ABOUT THE HOUSE

SAVE ENERGY IN YOUR KITCHEN

The kitchen is one major area where homemakers are naturally concerned and interested in saving money while at the same time making their work easier and more convenient. Here are a few seemingly small and insignificant things that we as homemakers can do to help cut down on our energy usage in the kitchen.

- Use small appliances such as electric skillets as much as possible, especially when cooking small amounts of food. They generally use less electricity than your range when cooking the same food.

- Try to cook all foods for a meal in one area of the range — on top, in the oven, or under the broiler.

- Learn to prepare complete oven meals. This saves you time and energy.

- The average oven will heat in ten minutes so do not preheat any longer.

- Try not to operate an oven for only one item — Cook other foods for later meals at the same time.

- When cooking vegetables, use small amount of water. It takes less time to bring them to a boil. As soon as water reaches the boiling point, you can cut the setting back.

- When boiling water for coffee or tea, heat only as much as you need. Remember, too, that water comes to boil quicker in a covered pan.

- Leave the refrigerator door closed as much as possible. Don't make repeated trips to remove items one by one when planning your meals.

- Never set the controls in your refrigerator lower than required to maintain proper temperature.

- If your freezer isn't frostless make sure you defrost it before the ice gets one-fourth inch thick. More ice than that cuts down on the cooling power of the coils.

- Use your dishwasher only when you have a full load.



KITCHEN CORNER

FOR AN OLD FASHIONED CHRISTMAS

This Christmas we know you want all the tips you can find on how to have a joyful yet inexpensive Holiday Season. So this month's Kitchen Corner is taking a short leave from the regular to bring you a recipe for herb potpourri that you can make up in your own kitchen and give to friends all year around.

The only problem is, you will have to rush to have it ready for the 25th! Hope you enjoy the potpourri and if you have any similar recipes, send them along to the Carolina Homemaker. Merry Christmas!

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, 3333 North Boulevard, Raleigh, N.C. 27604. Tell us something about the recipe and any helpful tips you have discovered in preparing it, your family and the name of the EMC that serves you. We pay \$2 for the recipe chosen monthly for this column.

CAROLINA COUNTRY RECIPE

Country Herb Potpourri

- 1/4 cup dried lemon peel
- 1/4 cup dried orange peel
- 1/4 cup dried lime peel
- 1 (3/8 oz.) can leaf marjoram
- 1 (1/2 oz.) can rosemary leaves
- 1 (3/8 oz.) can of leaf sage
- 1 or 2 bay leaves (coarsely broken)
- 1 cup coarse salt (not iodized)

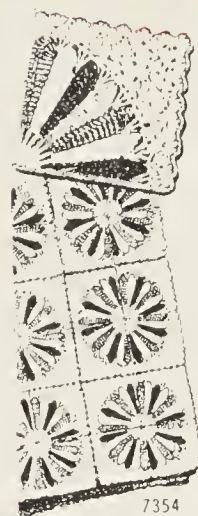
Prepare citrus peels with a vegetable peeler being careful not to pick up the white pith of the fruit. Spread strips of peel on a plate to dry thoroughly by placing on baking sheet in a 200 degree oven for one hour or until the peel is crisp.

Break peel up coarsely; measure out desired amounts. The yellow, orange and green peels add color to the potpourri in addition to the citrus scent. Blend the herbs and the peels together in a big bowl. Mix with hands or a wooden spoon. Add salt. Let the potpourri age in a tightly closed jar for several weeks. Shaking or stirring from time to time.

Tie potpourri in sachet bags with colorful ribbon or put in attractive small jars for gift giving. The sachet bags are used in bureau drawers. The jar is opened when fragrance is desired and kept closed when not in use to preserve the fragrance.



NEEDLE CRAFT



Pattern No. 7354

Create a warm circle of interest with this lovely afghan! Decorative, dramatic in 4 colors or a rainbow of scraps. Crochet afghan of easy 9" squares of knitting worsted or 4-ply synthetic.

Pattern No. 7149

Whip up a pair for yourself, another for a friend! Snuggle boots are ideal for dorm, ski, and travel. Crochet in shell stitch with loopy trim in one or two colors of rug yarn.



Pattern No. 7215

Sleepy puppy - a huggable pet to delight a child. Whip up cuddly puppy of percale, terry cloth or other fabric. Embroider eyelashes, add yarn for ears.

Pattern No. 7242

Go out together in colorful capes with neat collars. Swift crochet! Work broomstick lace over ruler or 1 1/2 inch cardboard. Combine 3 colors of knitting worsted for snugly capes.



Send 75 cents (no stamps) for each pattern to:
CAROLINA COUNTRY, Needlecraft Dept., Box 162, Old Chelsea Station, New York, N.Y. 10011.
Print your name and full address with zip code and include the pattern number you want.

(Continued from page 9)

(Holiday House, New York) is a first-rate example of his wit and charm as an artist and writer.

Other AAUW books of the past year *Frances the Pig* by Richard K. Dedmon (The Barnyard Press, Shelby) and Mary Jarrell's *The Knee Baby* (Farrar Straus Giroux, New York).

In probably no other area of the arts has there been greater development and discovery and more signal success than in the field of poetry. One of the reasons for this, in our opinion, is the growth of the little or literary magazines in the state. Only a few years ago one could count on the fingers of one hand the number of such publications in North Carolina. Today there are more than 40, many of them of excellent quality, comparing favorably with the best in the country. Such growth is due in large measure to the encouragement through grants by the North Carolina Arts Council.

These magazines have provided a publishing outlet to a mushrooming poetic talent in the state. Poetry competitions are sponsored by such fine magazines as *The Crucible* at Atlantic Christian College, *St. Andrews Review*, *Pembroke Magazine*, *Southern Poetry Review*, edited and published by Guy Owen at N.C. State University, *Miscellany* at Davidson College and many others.

Collected poems by two talented North Carolina poets were published this past year by Red Clay Books of Charlotte. *Horse Horse Tyger Tyger* by Heather Ross Miller contains poems of exceptional merit by this splendid young novelist-poet who lives in Badin. Mrs. Miller, who is a member of the "Writing Ross" family, is a prize-winning novelist as well as poet. The other Red Clay book is *East of Moonlight* by Julia Fields of Scotland Neck, who has taught at N.C. State, East Carolina and St. Augustine. Many of these poems come out of her experience as a black and a woman. They are moving portraits of both inner and outer life in North Carolina or the South, and reveal well her gifts for language.

Ruby Paschall Shackleford of Wilson offers another collection of her finely wrought poems in *Ascend the Hill* (Windy Row Press, Peterborough, N.H.), a book written out of her

feelings for place, of sights and sounds from her region and of the travails of the human heart.

Another collection which introduces a young poet of considerable talent is *Step Carefully in Night Grass* by Susan L. Bartels of Charlotte (John F. Blair).

Other poetic offerings this past year include *A Stone Turned* by Josephine Morgan Upchurch (Arthur H. Stockwell, Devon, England); *Muddy Sneakers and Other Family Hassekes* by Irene Burk Harrell of Wilson (Abingdon Press, Nashville, Tenn.); and *Earth Bosom and Collected Poems* by Mary Bohanon (Carlton Press).

There were 30 books entered in the Mayflower competition and the range of subject matter was as broad as the human and historical experience. Included among them was the scholarly yet fascinating history, *Colonial North Carolina* (Charles Scribner's Sons) by two of the state's foremost historians, Hugh T. Lefler and William S. Powell of Chapel Hill. Another first-rate work of history was Sarah Lemmon's *Frustrated Patriots: North Carolina and the War of 1812* (UNC Press).

One of the country's top young novelist, Sylvia Wilkinson of Chapel Hill, wrote an engaging and revealing story of the world of auto racing in *The Stainless Steel Carrot* (Houghton Mifflin).

Willie Snow Ethridge is one of the funniest women we know and in her

Side By Each (Vanguard Press) she again in high spirits and at her entertainingly best as she recounts her experiences with retired publisher husband Mark Ethridge, in the building of new home high on a cliff overlooking Rocky River in Chatham County near Moncure.

Harry Golden of Charlotte had two new books out this year, *Our Southern Landsman* (G.P. Putnam's Sons) and *Travels Through Jewish America* (Doubleday and Co.), and Eli N. Evans, Durham native, gives another insight into the Jewish world, especially growing up in North Carolina, in *The Provincials* (Atheneum), which was on several best-selling lists.

Blyden Jackson and Louis D. Rubin Jr., of Chapel Hill, joined in the editing of *Black Poetry in America* (LSU Press), and Bruce and Nan Roberts continued their joint venture in publishing with one of the most beautiful books ever published about North Carolina. *The Goodliest Land: North Carolina* (Doubleday and Co.) is a must for any Tar Heel library. In prose and pictures they tell a marvelous story of a wonderful state.

Charleen Whisnant and Jo Hassel of Charlotte tell about the poetry-in-the-schools program in North Carolina in *Word Magic* (Doubleday and Co.) in which they relate their own experiences with this much-hailed experiment.

An interesting book for collectors is Nell Wise Wechter's *The Mighty M*

from Blair

A SPIRITUAL DIVORCE

By Heather Ross Miller. A brilliant short story collection by one of North Carolina's finest writers explores the hidden undercurrents in relationships between man and wife, brother and sister, child and nurse, and even between an old woman and her furnace. \$6.95.

GINGER HILL

By Sarah S. Allen. Time, the 1930's, and place, a Southern tobacco farm, were against Ophelia, a young black girl, yet she learns the joy and glory of living. An exceptional first novel by a native of eastern Carolina. \$6.95.

JOHN F. BLAIR, Publisher
1406 Plaza Dr. Winston-Salem, N.C. 27103

getts of Chicamacomico (Times Publishers, Manteo), in which she tells the story of this famous Outer Banks family.

Another book of considerable interest is Bynum Shaw's *Divided We Stand* (Moore Publishing Co.), which tells the fascinating story of the Baptists in North Carolina. The late Governor J. Melville Broughton once said there were more Baptists in North Carolina than people, and this book is certain to appeal to all of them as well as non-Baptists.

Some other works of non-fiction published this past year which deserve mention include *The Loyalists in Revolutionary America, 1760-1781* by Robert McCluer Calhoun (Harcourt Brace Jovanovich); William T. Couch's "The Human Potential" (Duke University Press); *Security Blankets Family Size* by Irene Harrell (Word Books, Waco, Texas).

It is significant, we think, to note the large number of books published by regional publishing houses based in North Carolina — Moore Publishing Company headed by Dr. Eugene Grace in Durham, John F. Blair of Winston-Salem, Red Clay Books directed by Charleen Whisnant in Charlotte, and many others, including Roy Johnson of Murfreesboro, the Loom Press of Chapel Hill, the Meekins' Times Press in Manteo. This, we are certain, is a trend for the future, as New York publishers cut back on their production and concentrate more and more on popular and best-seller books, the regional press will be called upon to carry forward the finer traditions of publishing.

We have mentioned the published books of the past year as a good place to start a North Carolina library. But there are several other books published in the past few years which would have to be included.

Among these is the delightful and highly entertaining *Tar Heel Laughter*, edited by Richard Walser of Raleigh and published by UNC Press. In this collection, Walser tells us what made Tar Heels laugh over the years, beginning with John Lawson and ending with today and the tales of Senator Sam Ervin and story-tellers such as Thad Stem Jr., and Willie Snow Ethridge.

Carolina Country Reader by Jim Chaney (Moore Publishing Co.) is another which belongs in any Tar Heel Library. In it is the essence of North Carolina, its sights and sounds, its landscape and its people.

Others we would like to mention are *The Tar Heel Press*, the story of newspapers in North Carolina by Thad Stem Jr., published in 1973 in the centennial year of the North Carolina Press Association; and also by Stem and Alan Butler, *The Best of Senator Sam Ervin's Stories* (Moore Publishing Co.).

(In a category all its own is the fact-packed *All the Things You Never Knew About Our American Presidents* by Calvin Coolidge White. Franklin County native and veteran educator.)

Going back a few years we would also suggest *The North Carolina Miscellany* which was edited by Richard Walser; *Tar Heels* by Jonathan Daniels as well as his *A Southerner Discovers the South*; and *Southern Accent* by William T. Polk.

There are many other Tar Heel books which any collector would want to add to his shelves, but those listed here would give you a good start on a library which would bring you countless hours of enjoyment as well as an understanding of your state.

Mr. Ragan, editor and publisher of The Pilot, Southern Pines newspaper, is an author, poet and columnist known throughout North Carolina and in the nation's literary centers for his service in the cause of good writing, good sense, journalism, art, culture, humor and enlightenment.

— The All-American Book —

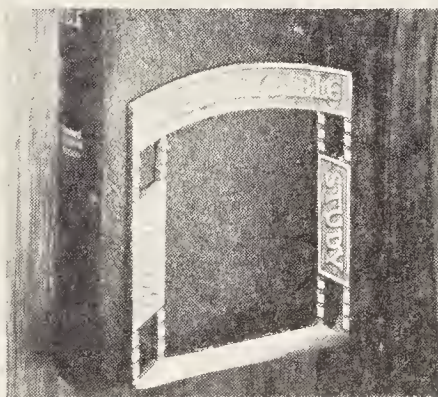
All the Things You Never Knew About Our American Presidents

by Calvin Coolidge White

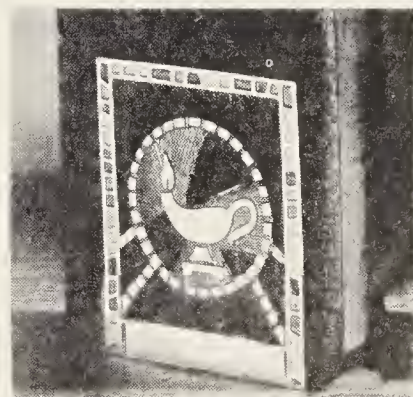
The ideal gift for everyone — all ages
— The most informative book ever written on the American Presidents.
— \$3.50 Postpaid

Order From: Calvin C. White —
Spirit of '76, Box 19459
Raleigh, N.C. 27609

BIBLE HOLDERS OF SOLID BRONZE



Honor and Study the Holy Bible



A Light Unto the Nations

Bible Holders for Desk or Wall

Beautiful, polished, heavy, solid bronze holders with kiln fired colored inserts. Perfect for yourself or as a memorable gift. Space to engrave name and date. \$11.00 each postpaid. (Bible not included)

MARBETH OF MIDDLETOWN
P. O. Box 191, Langhorne Pa. 19047

Please send me the following 4 1/2" solid bronze Bible holders at \$11.00 ea. postpaid. Enclosed is my check or money order for \$ _____

Qty _____ Honor and Study the Holy Bible

Qty _____ A light Unto the Nations

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

HALE



"I took care of my cowlick."

Marriage counselor to wife: "Maybe your problem is that you've been waking up grumpy in the morning."

"No, I always let him sleep."

ORDER BEAUTIFUL HARVEST COLOR PRINT!

If you admired the color picture which appeared on the cover of the November CAROLINA COUNTRY, you can now order your own copies. (These pictures will *not* have any writing on them!)

Full color pictures are 11" x 14" with a border and printed on Text Paper. Only \$2.00 each!

*Send your orders to
CAROLINA COUNTRY PRINTS
3333 North Boulevard
Raleigh, N.C. 27604

Please send me _____ color prints of the November harvest cover picture. I enclose a check or money order for \$_____. (\$2.00 per print)

Name _____
Street/Route _____
City _____
State _____ Zip _____

A student wrote the following on his pre-Christmas examination paper: "God only knows the answer to this question. Merry Christmas!"

The professor returned the paper with the following notation: "God gets an 'A'; you get an 'F'. Happy New Year!"

On one of his rare trips to the city, a hillbilly was so fascinated by a skyscraper's elevators that he stood in front of one for a long time. An old lady, bent and shriveled, entered, a light flashed, and in an instant she was gone.

Moments later the same door opened, and out stepped an attractive young woman. Walking away shaking his head, the hillbilly muttered, "I shoulda brung my old Bessie!"

Mother: "Eat your spinach. It will put color in your cheeks."

Son: "Who wants green cheeks?"

A farmer and his wife went to a fair. The farmer was fascinated by the airplane rides, but he balked at the \$10 tickets.

"Let's make a deal," said the pilot. "If you and your wife can ride without making a single sound, I won't charge you anything. Otherwise you pay the ten dollars."

"Good deal!" said the farmer.

So they went for a ride. When they got back the pilot said, "If I hadn't been there, I never would have believed it. You never made a sound!"

"It wasn't easy, either," said the farmer. "I almost yelled when my wife fell out."

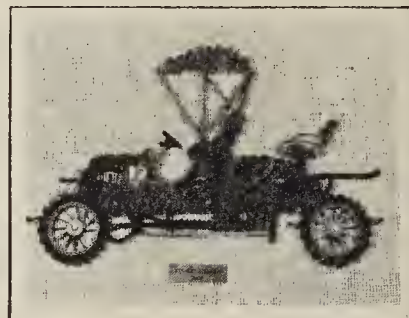
It is not always easy to say the right thing on the spur of the moment. We can sympathize with the chap who met an old friend after many years.

"How is your wife?"

"She is in heaven," replied the friend.

"Oh, I'm sorry," stammered the chap. Then he realized this was not the thing to say. "I mean," he stammered, "I'm glad." That seemed even worse so he blurted, "Well, what I really mean is, I'm surprised."

Quilling kits



No. 300 Stanley Steamer \$2.7

No. 462 Christmas Quilling Kit 1.7

Pkg. Quilling Strips, all colors .5

POSTPAID. ADD 4% OHIO TAX

"Send 25¢ or self-addressed envelope for information and prices on other kits and color strips."

The CARROUSEL
455 E. Main St., Circleville, OH 43111

FANCY CANDY RECIPES

Delight your family and friends with these outstanding candy specialties! Write for:

"How to Mold Fancy Candy & Sugar and Special Candy Recipes."

\$1.50 ppd. — Plus 4% state tax.

THE CARROUSEL
455 E. Main St., Circleville, OH 43113

NEW-FREE NURSERY CATALOG!

WRITE TODAY—over 400 varieties of Roses, Flowering and shade trees, Fruit trees dwarf and regular, Nut trees, Berry Plants, Vines, Evergreens, Bulbs and Perennials at prices so low it is almost unbelievable.

LEE'S NURSERY
Route 2-Nat, McMinnville, Tenn. 37110

SINUS SUFFERERS

A new and healthful discovery removes the mucus from your head. I have documented proof and remarkable results. My Remedy is safe and simple. No harsh drugs. I Guarantee you will save money. \$10.00 for a Lifetime Remedy.

H & D Enterprises
P.O. Box 55 Diaz, Arkansas 72043

**SOUTHERN ENGINEERING
COMPANY OF GEORGIA
ARCHITECTS — ENGINEERS
ATLANTA, GEORGIA**

HEARING AIDS

UP TO 50% OFF COMPARABLE AIDS ★

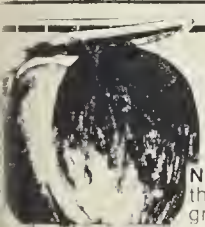
• BUY DIRECT • 20 DAYS FREE TRIAL
 Hearing Aids \$59.50 up. Tiny, inconspicuous All
 the Ear, Behind the Ear, Eye Glass Aids. One
 the largest selections of fine quality aids
 very low battery prices. Write for FREE litera-
 e. No salesman will ever call. Good hearing
 a wonderful gift. ★ LLOYD CORP ★
 Dept. NOC, PO Box 1645, Rockford, Ill. 61104

FRUIT TREES — NUT TREES

Berry Plants, Grape Vines, and Land-
 scaping Plant Material offered by Virgi-
 nia's largest growers. FREE copy 48-pg.
 Planting Guide Catalog in color, on
 request.

Salespeople wanted.

WAYNESBORO NURSERIES
 WAYNESBORO, VIRGINIA 22980



Grow Cold-Hardy Peaches

NEW RELIANCE A peach
 that was developed to be
 grown in the chilly north-
 ern states. This incredibly hardy peach has actually
 survived recorded temperatures of -25° and
 still produced a full crop of high quality
 peaches. A bright yellow freestone. C1275

WARKEN PEACH A fairly new peach with
 winter hardiness. Good quality. C1234

ARABELLE An early ripening peach with a
 firm yellow flesh. Freestone. C1229

ARBINGER PEACH One the successful
 orchardists classify as "the best early peach".
 most profitable commercial variety. C1256

COLD HARDY PEACH PRICES
 yr each 2 for 5 for 10 for 25 for
 4 ft \$2.99 \$5.56 \$13.45 \$26.00 \$60.25
 6 ft \$2.49 \$4.62 \$11.20 \$21.70 \$50.25
 8-24" \$1.99 \$3.90 \$8.95 \$17.30 \$40.00

STANDARD PEACHES
GOLDEN JUBILEE A long time favorite early
 yellow freestone. Buds resist low winter
 temperature. Tender and Sweet. C1249
RED SKIN A good canning peach with a firm
 yellow freestone. Tree bears young. C1259
WILLE OF GEORGIA A favorite large white,
 freestone peach. One of the best for slicing
 and eating fresh. Vigorous, Hardy. C1260
RED HAVEN One of the very best peaches. Will
 withstand low winter temperatures. C1248

Standard Peach Prices
 yr each 2 for 5 for 10 for 25 for
 4 ft \$2.79 \$5.18 \$12.55 \$24.30 \$56.25
 6 ft \$2.29 \$4.19 \$10.25 \$19.89 \$45.25
 8-24" \$1.79 \$3.32 \$8.15 \$15.50 \$36.00

You want that real old fashioned peach flavor.
 You'll want to plant one of these varieties.
 White English, Champion and Red Indian.
 Old Fashioned and Dwarf varieties also
 available. Write for our FREE catalog. Com-
 mercial growers and nurseries, prices available

HERE'S HOW TO ORDER

Give name and number. Specify quantity of
 each variety. Please print name, address and
 Add postage, packing & handling charges.
 Non-residents add 5% sales tax. Send check
 money order. Orders up to \$5.00 add 95c;
 \$5.01 to \$10.00 add \$1.25; \$10.01 to \$17.50 add
 \$2.50; over \$17.50 add 10%.

Mich-O-Tenny "No-Risk" Guarantee
 If not satisfied, return plants within 10 days of
 purchase for exchange or full refund of purchase
 price. Plants that fail to live after transplanting
 will be replaced at 1/2 price plus postage
 and handling charges. Loss must be
 reported no later than July 1st after planting

Don L. Lutz

TENNESSEE NURSERY & SEED CO.
 BOX 741 DEPT. 11
 Cleveland, Tennessee 37311

SKIN ITCH? OVELMO CREAM



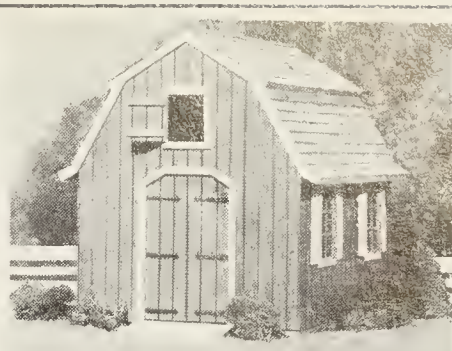
has helped since 1910 for temporary re-
 lief of symptoms of **ECZEMA, PSORIA-
 SIS, SKIN ITCHING.** Available only
 from us. Send \$3.25 for 3 1/2 ounces.
 Money back guarantee!
OVELMO CO., Dept. CC
 3707 Villo Novo Rd., Baltimore, Md. 21207



PUTS PAIN TO SLEEP

Now for the first time, overnight
 blessed temporary relief from the
 pain of arthritis, bursitis, rheuma-
 tism, soreness, stiffness. Just rub
 Icy Hot's creamy balm over the
 affected joints or muscles, and you
 can actually feel the pain start
 lessening. Begin to sleep peacefully
 again. If you don't have relief in 24
 hours we'll refund your money. Not
 available in stores. Send \$3 for 3 1/2
 oz. jar or \$5.00 for 7 oz. jar. J. W.
 Gibson Co., 2000 N. Illinois St.,
 Indianapolis, Indiana 46202,
 Dept. 195

© J. W. GIBSON CO., 1973



Architects' Plans For Storage

\$3.95 for complete set of working drawings,
 material list & instructions. Size, 10' x 12'. Side-
 walls 6'-5". Door opening 42" wide, each end.
 Windows for ventilation. Loft storage. Wood
 floor framing is above ground, anchored for
 wind, also conc. slab details. Plans are for the
 amateurs, including full size rafter patterns,
 nail sizes & locations. All dimensions, no need
 to scale plans. Send for Plan B1012.

C.E. HANDLOSER, Dept. CC
 P.O. Box 916, Traverse City, Mich. 49684

"OWNED BY THOSE WE SERVE"

For free copy of illustrated booklet
 which answers 39 questions about
 North Carolina's consumer-owned
 electric cooperatives, send your
 name and full address to: Dept.
 EMC, P.O. Box 25576. Raleigh,
 N.C. 27611.

We turn do it yourselfers into homeowners... NO MAGIC, JUST TRUST

We show you how to build your home. Save thousands. We pre-cut your
 home. You save high carpenter labor costs... and much more. Save
 time and money. Build in spare hours without costly hired labor. We
 furnish pre-cut home materials, simple instructions and some cash for
 your foundation. We back you. Short on cash? Use ours... save yours.
 It's fast, fun and easy. Rent size payments. Build anywhere... city or
 country. Land need not be paid in full. Free delivery. Does your family
 deserve a new home? Write today.

Please rush me your **FREE CATALOG** on Miles build it yourself homes
 Name _____
 Address _____
 City, State, Zip _____
 Phone, Area code _____



PRE CUT

MILES HOMES

THERE IS A MILES LOCAL REPRESENTATIVE IN YOUR AREA
 Dept. NC8 3224 Peachtree Rd., Atlanta Ga. 30305
 Phone 404-237-7877

A Ring of your choice OR Cash for selling or buying only 6 boxes of Rosebud Salve - 6
 boxes of Tholene menthol Salve - 6 bottles of Vivian Perfume (with Myrrh) - 6 bottles of
 Bouquet No. 3 Perfume (with Jasmine) at 75¢ each. Order must total \$4.50 worth of pro-
 ducts. DEALER'S INQUIRY INVITED. Company estab. 1895.
ROSEBUD PERFUME CO. BOX CC-124 WOODSBORO, MARYLAND 21798

POET'S CORNER

VERSES FROM OUR READERS

Transition

The first snow storm,
As I look from my window,
What do I see?
Two red cardinals in the apple tree.
They look so hungry and cold,
I feed them grits, all they can hold.
When they have finished eating,
They seem to say goodbye for the winter -
"We are going away and will be back
next spring, and bring you a song,
For helping us through
The first snow storm."

Edna Ward
Blowing Rock

Winter

Summertime has come and gone,
The world outside is now asleep.
The trees stand naked and alone,
While the snow piles high and deep.

I feel the cold wind on my face,
As I peek outside my door.
The fire in the fireplace,
Burns brightly all the more.

I love to watch the snowflakes,
Through my window glass.
Make pretty stars on the lakes,
And on the dying grass.

Sadie B. Hager
Huntersville

The Christmas Tree

There it stood,
Solid and alone.
Its only ornament,
The drifting snow.
Its rich green against the star-lit sky,
Solid and alone.
It moaned and creaked with the driving wind,
No tinsel star adorned its top.
Then, as if in pity of the lonely tree;
There came a flock of snow-white doves,
And scarlet cardinals, and brilliant
bluebirds;
They perched themselves on the
snow covered branches.
And then came the most wonderful of all,
Down from heaven came a bright, gold star
And alighted itself on the snow covered top.
So the most beautiful of all
Christmas trees,
Was found alone, on a lonely street.

Sharon Respass
Plymouth

The Everlasting Gift

When but a lad without a dime,
Like countless little boys,
I knew that Christmas was the time
When children got their toys,
Along with fancy socks and ties,
And things that came in handy.
A dollar watch was such a prize.
I loved the nuts and candy.

And then I learned the Christmas story
About the Holy Birth,
With angels singing in their glory
Of peace and love on earth.
But in the fickleness of youth
'Twas like an afterthought.
What mattered most, to tell the truth,
Was presents Christmas brought.

And then the ever transient years
Retreated one by one
Erasing childish hopes and fears,
But Christmas still was fun
Exchanging gifts of love and care
With friends along the way.
What else on earth is half so fair
As love on Christmas Day?

Yes, Christmas Day was made for love;
Bestow it while you may.
Unlike the Gift from God above,
This too must pass away.
For mortal ties were made to sever;
So soon the course is run.
The only gift that lasts forever
Is Christ, The Holy Son!

Paul Ellis Bowman
Hickory

God Loves All

God loves all -
God loves you,
God loves me.

He made the trees so pretty and tall.
So never forget that God loves all.

Penny Lee Ireland
Hamptonville

FEATURING:

CAROLINA COUNTRY READER

by Jim Chaney, \$6.35.

Moore Publishing Company is proud to announce the state's top literary award presentations to its authors: Campbell Reeves (Roanoke-Chowan Poetry Award), COMING OUT EVEN; and Thad Stem, Jr. (Gold Medal), ENTRIES FROM OXFORD and SENATOR SAM ERVIN'S BEST STORIES.

These and other Moore Publishing Company books are lasting gifts to ourselves and others. If not at your bookstore, they may be ordered at Box 3143, Durham, NC 27705. Complete list available on request.

Bicentennial Jewelry

Ideal for Christmas Gifts!!



On a 24" cable chain, this silver oxidized finish necklace depicting the spirit of '76. The three minutemen with assorted colored fabricated backgrounds. (No. 1) \$3.95



A large liberty bell surrounded by crystal rhinestones and capped with red, white and blue stones. Bell is inscribed with the words "God bless America." All pin come individually carded. (No. 2) \$2.95

In this gold tone finish pin the dated liberty bell (1776-1976) surrounded by sparkling crystal rhinestones in the heart shape. Love of country. (No. 3) \$1.95.



Order by number. Add 4% sales tax. Send check or money to: CAROLYN TURNER, P.O. Box 25576, Raleigh, N.C. 27611.

Get rid of all ROACHES
and WATERBUGS with



SURE KILL

Or You Pay Nothing



Roaches eat Sure Kill greedily and return to their nests which the contaminate, starting a chain reaction that wipes out all other roaches and eggs.

Sure Kill never wears out, is absolutely odorless and safe to use. It contains no D.D.T. A single can cleans out six rooms and keeps them free of roaches and waterbug for years. Money back guarantee. Send just \$3.98 for one can, two for \$6.98 postpaid.

FOX ENTERPRISES

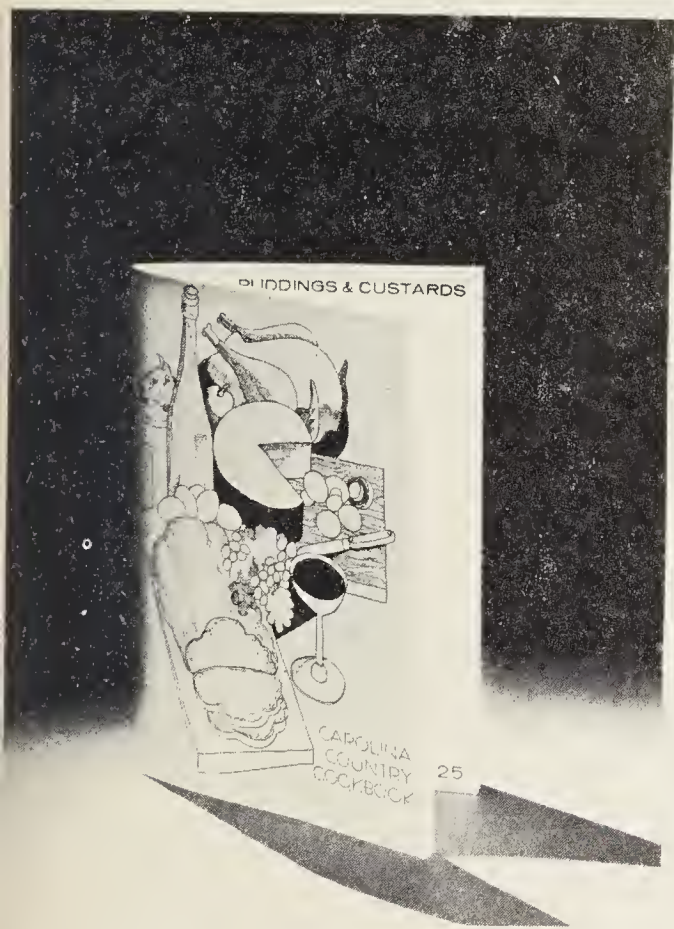
Box 211

MARION, KY. 42064

Mfr. and Distr.

A Special Kind of Cookbook

ORDER NOW FOR THE HOLIDAYS



CAROLINA COUNTRY COOKBOOK

Only \$1.50 per copy
(including tax and mailing)

Grandmother's cornbread cake, tater-dipped chicken or four hour beef stew, every recipe in Carolina Country Cookbook is somebody's favorite.

All were selected from the best and most interesting of the hundreds of recipes which have won a place in Carolina Country's Kitchen Corner over the years. In making the selections, care was taken to give variety and balance, and the result is a very special cookbook as carefully prepared as a good meal.

At only \$1.50 each, Carolina Country Cookbook is a bargain in flavor. It has an illustrated cover and 48 pages featuring about 75 recipes, conveniently arranged and indexed.

Every one of the recipes was evaluated and kitchen-tested by good cooks to make sure the instructions and measures were correct.

Several thousands of copies of Carolina Country Cookbook have been sold since we first offered it to our readers. Fact is, the last time we offered the cookbook in Carolina Country so many orders were received that our entire supply was exhausted. But orders kept coming. To avoid disappointments, we had a printer run off another shipment.

The new shipment now is ready, and we're beginning to fill orders again.

If you don't have a copy, or want another copy, use the coupon on this page to order as many as you'd like. While you're at it, order extra copies to give as gifts to the good cooks you know. The price is still only \$1.50 per copy (including tax and mailing). But hurry. We don't know how long the supply will last. Forty percent of the proceeds will go to the Carolina Country Family Medicine Scholarship Fund.

Please send me _____ copies of CAROLINA COUNTRY COOKBOOK (\$1.50 each).

Total amount enclosed \$ _____

Name _____

Street or Route _____

City _____ State _____ Zip _____

Mail this coupon with check or money order to :

CAROLINA COUNTRY COOKBOOK

3333 North Boulevard, Raleigh, N.C. 27604

"In what ways can teenagers help their parents in the high cost of living"

"A teen should try not to ask parents for expensive items. We should cut down on excessive eating and spending habits. Also, there is no need to buy new clothes every time a new style appears on the market."

**Landis Robinson
Pendleton**

Landis is happy with his family of eight, where each one must try to cut down on costs. Landis is 16 and a tenth-grader at Northampton County High School. He enjoys playing basketball and football. The Robinson family is served by Roanoke EMC.

"One way we can help our parents in fighting the high cost of living is to get a job to make our own spending money. We must all learn to do with less. Luxuries are not necessary for a happy life, and they usually just leave people with less money than they had before. If everyone would learn to do with less and share what we do have with others the world would be a better place to live in."

**Mary Nell Plummer
Lexington**

Mary Nell is 13 and attends Central Junior High. She enjoys playing the piano, doing needlework, and riding bikes. Her parents, Mr. and Mrs. Ray Plummer, are served by Davidson EMC.

"Teenagers can help their parents with the high cost of living by having a job in the afternoons after school and on the weekends. They will earn extra money to spend or help their parents pay bills. If they have to make their own money, they won't spend as much. I've learned this from experience."

**Pamela Williams
Grantsboro**

Pamela is a 15-year-old sophomore at Pamlico County High School. She enjoys talking and having fun with friends and family. Her parents, Mr. and Mrs. Horace Williams, are served by Tideland EMC.

"A little more 'food for thought' has no calories, Helps the waistline . . . and the salaries. 'Waste not — want not' is a line to remember, And might help your budget by next December."

**Linda Davis
Havelock**

Linda is 15 and in the tenth grade at Havelock High School. She loves all animals and also enjoys rock collecting. Linda and her parents, Mr. and Mrs. Robert Davis, are members of Carteret-Craven EMC.

TEEN ROUNDTABLE

NEXT QUESTION

"Do teenagers take friendships seriously?"

This question was submitted by Joy Leonhardt of Cherryville. Joy is a student at Cherryville Junior High School. She enjoys church activities, sewing, and sports. Her parents are served by Rutherford EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina Country, 3333 North Blvd., Raleigh, N.C. 27604 immediately. Tell us a few facts about yourself — your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used the sender will get a \$5 check.

Don't forget the essays on THE MOST INTERESTING TAR HEEL I KNOW as introduced in the November issue. Send entries each month to TAR HEEL — CAROLINA COUNTRY, 3333 N. Blvd. Raleigh, N.C. 27604

"A Book for All Seasons"

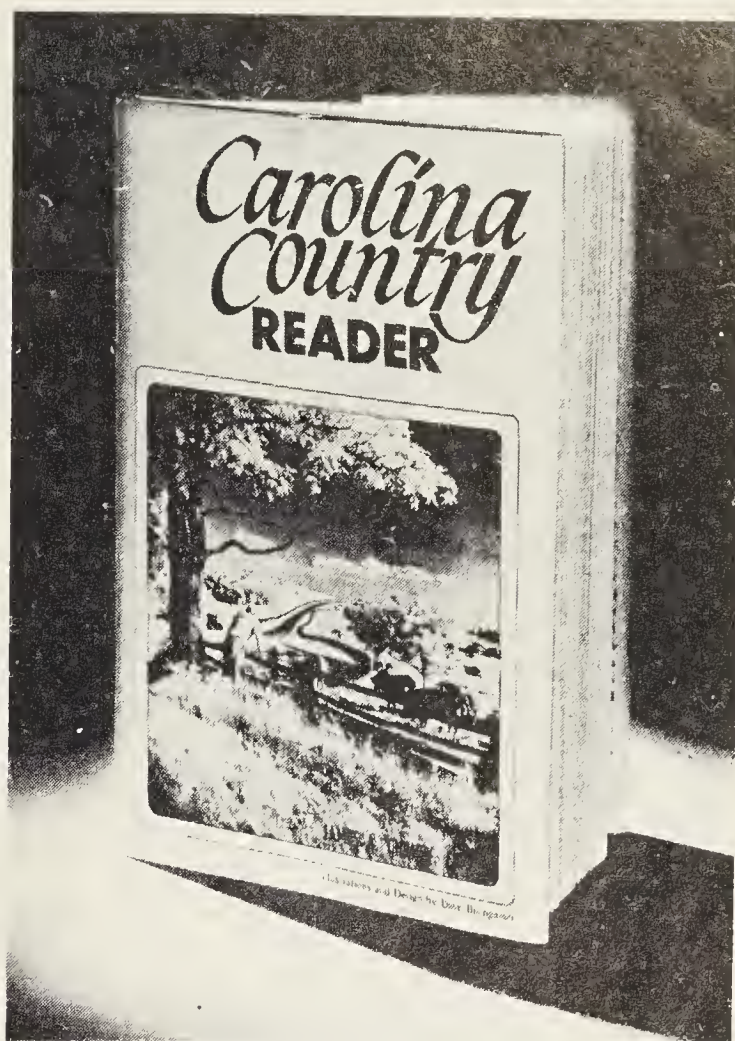
Carolina Country Reader, by Jim Chaney, with foreword by Sam Ragan, has been called "a book for all seasons — the human seasons as well as the turns of the calendar." Other reviewers have written: "The stories are entertaining and rich in everything from humor to pathos . . . sprinkled through its pages are a number of excellent poems." A review in *THE STATE* said, "Carolina Country Reader could only have been put together by someone who loves North Carolina and its citizens, and it should be in the home of every true Tar Heel."

Tar Heel author Guy Owen ("The Flim-Flam Man") said in a review in *The Durham Herald*: Chaney's essays should be more than welcome to a public weary of Watergate and the horrors of the L.A. Here are nostalgic pieces on country doctors, gardening, Mother's Day, the Fourth of July, and the magic of Christmas . . . There is evidence on every page of his skilled reporter's eye and ear. But more important, his brief insightful essays are colored by a compassion and deep humanity, not to mention the saving grace of humor."

Published by Moore Publishing Co., Durham, N.C., *Carolina Country Reader* is a 269-page, attractively bound book with original illustrations containing more than 90 favorite stories, essays, articles and poems from *Carolina Country* magazine.

Ask for *Carolina Country Reader* wherever books are sold. If there's no bookstore in your community, or you'd prefer to have the book delivered to your mailbox, use the coupon below. The coupon price includes tax and mailing costs.

The author/editor has pledged his share of the proceeds from the book towards the establishment of a *Carolina Country* scholarship for first-year medical students who agree to go into family practice in rural North Carolina. By agreement with the book's publisher, 40 percent of the money received through this coupon offer will also go to the scholarship fund.



Please send me _____ copies of CAROLINA COUNTRY READER (\$6.35 each).

Total amount enclosed \$ _____

Name _____

Street or Route _____

City _____ State _____ Zip _____

Mail this coupon with check or money order to:
CAROLINA COUNTRY READER
P. O. Box 3143, Durham, N.C. 27705

LET'S TAKE "THE CRISIS" OUT OF CHRISTMAS.



This has been a year of sacrifice for all of us.

It's been conserve this, conserve that. Pinch pennies here, do without there. And recycle anything you can.

And nobody's urged you to conserve more than your EMC.

And while it's still important to conserve energy, there's no need to ruin your Christmas by giving up one of the little things that gives you and your family so much pleasure.

Christmas tree lights.

For example, lights for a six-foot tree will average just about two cents for every hour you burn them.

And when you think of what they do for a tree, and your Christmas spirit, that's a small price to pay.

This year has been sad enough. Let's have a Merry Christmas.



North Carolina

Electric Membership

Corporations

heat pumps

*They come closer to utilizing solar energy
to heat your home than anything
else on today's market*

(Reprinted from the *Tennessee Valley Perspective*)

The electric heat pump comes closest to harnessing the heat of the sun and using that heat to warm your home than anything else you can buy on today's market. And because the sun-generated heat in the outside air is free, the heat pump is the most efficient home heating system available.

A properly sized and installed heat pump in the Tennessee Valley uses only half as much electricity for heating as central electric resistance heat—a fact that takes on added significance in these times of energy shortages and rising fuel costs.

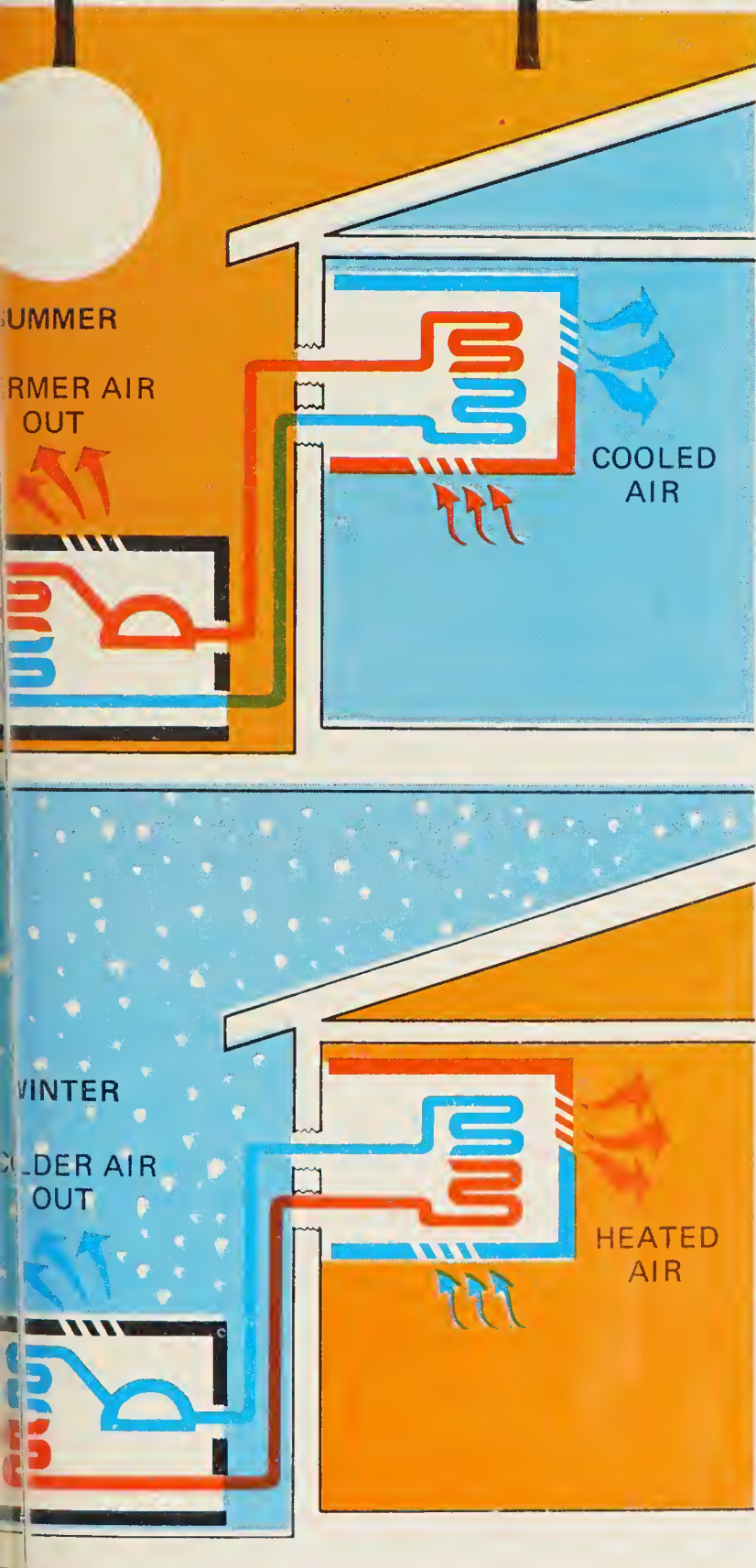
But because the heat pump was too little understood when it was first marketed in the early 1950's, it acquired a bad reputation. Homeowners experienced too many compressor failures, for example. And these always seemed to occur on the coldest day of the year.

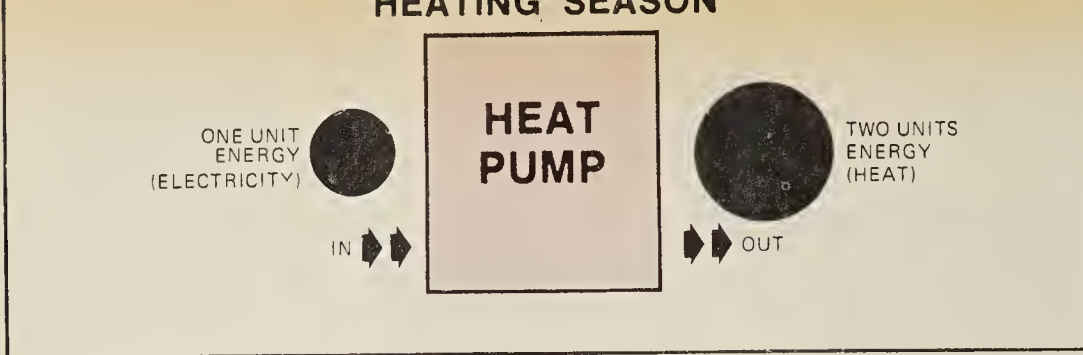
Poorly designed equipment, improper installation, and inadequately trained servicemen have continued to plague the heat pump, causing contractors and homeowners to make much less use of it than other forms of central heating and air conditioning equipment. Today, only about five percent of the all-electric homes in the Tennessee Valley use heat pumps.

TVA and the 160 retail distributors of TVA power have initiated a comprehensive program to help solve these problems and to restore the reputation of the heat pump to that of the highly efficient "energy miser" that it is.

This program involves detailed consultations with manufacturers to encourage them to market only quality units, sponsorship of installation and service schools to insure trained dealer personnel, and a plan to certify both properly installed units and qualified dealers.

The heat pump derives its economy from its use of the "free heat" in the outside air for a major portion of its heating output. Regardless of outside temperatures, the air contains varying amounts of heat, which is picked up by the refrigerant in the outside coils of the heat pump. The heat captured in the refrigerant is circulated to the inside coils, where it is exhausted into the warm air distribution system inside the





house. In summer, the process is simply reversed. The heat pump acts as a regular central air conditioning unit, picking up the heat from the warm air inside the house and exhausting it outside.

Until outside temperatures drop below about 30 degrees, the only electricity required to operate the unit is that needed to run the compressor and fan. When temperatures drop below about 30 degrees, a bank of auxiliary resistance-type heating elements are automatically triggered to help boost heat output and maintain comfortable room temperatures. A second bank of resistance heating elements will automatically begin operation if the temperature drops below about 15 degrees. Even at temperatures of zero and below, the unit continues to draw "free heat" from the outside air, thus saving energy that otherwise would be required by a more conventional heating system.

The savings from a properly functioning heat pump, especially in these days of rapidly rising power costs, are significant. The average homeowner in the Tennessee Valley can reduce his winter heating bill from approximately \$162 to \$81 by using a heat pump instead of some other type of central electric heating system. Of course, these figures can vary, depending upon where he lives, the size and construction of his home, and the manner in which he uses his heating.

And, while the heat pump operates more efficiently in milder climates, the dollar savings in heat costs are greater in colder climates. For example, an average homeowner in Leitchfield, Kentucky, the northernmost point in the TVA power service area, would spend approximately \$184 per year to heat his home by central electric resistance heat. It would cost him only \$92 to heat the same house with a heat pump. In

Philadelphia, Mississippi, the southernmost point on the TVA system, comparable costs would be \$90 for conventional heat and \$44 for a heat pump.

Installation costs for a heat pump in a typical 1,500-square-foot, single-family residence in the Tennessee Valley is approximately \$250 more than the comparable costs for an electric furnace and central air conditioning unit. The difference in installation costs for the heat pump, however, can be recaptured in less than three years by the savings in operation.

In addition to cutting individual heating costs, the heat pump is also an important vehicle for reducing consumption of the nation's scarce energy resources. For instance, each heat pump installed in the Tennessee Valley in place of a conventional resistance-type central system will save between three and four tons of coal a year at the generating plant. This means that the estimated 40,000 heat pumps now in operation in the Valley are saving TVA an estimated 140,000 tons of coal a year.

"Heat pumps are more complicated than other types of residential heating systems," explains Richard B. Davis of TVA's Electrical Demonstration Branch. "Even with a quality heat pump, you can't just plug it in and expect it to work, like you can with an electric clothes washer or dryer. Unfortunately, we've had too many heat pump dealers in the past who did not understand their product well enough to install it properly and service it adequately. This is a problem we're attacking with our installation and service schools.

"Too, manufacturers are making much better units than they used to. In the past, some manufacturers used ordinary air conditioner parts in their heat pumps and merely installed a reversing valve for heating. This led to many

complaints because air conditioners are not engineered to operate in extreme weather conditions requiring a heat pump. This is one reason compressors on these units tend to fail during the coldest period of winter.

"We're insisting that before an installation can be certified in the Tennessee Valley, the unit must meet recognized quality standards and, in addition, contain a number of important features—such as an oil sump and suction line accumulator—while some manufacturers up to this point have not included."

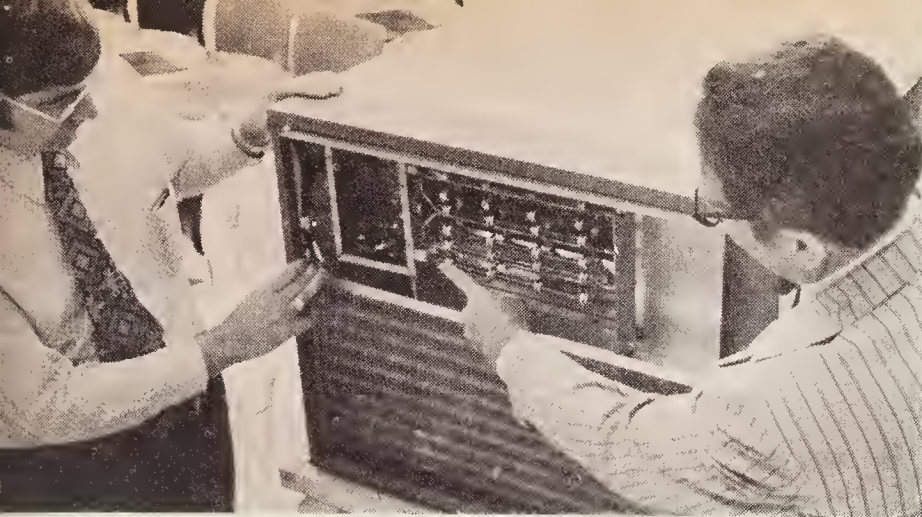
One characteristic of normal heat pump operation which has led to some initial dissatisfaction, Davis noted, is the temperature of the air supplied through inside vents. In winter, the temperature of the heated air is between 90 and 100 degrees, as compared to 120 to 130 degrees with a conventional heating system. Room temperatures are maintained at desired levels, however, because the heat pump blower stays on longer, circulating from 15 to 20 per cent more air than the conventional system.

Because of this larger volume of air being circulated throughout the home, the sizing of ducts and vents becomes more important to the satisfactory operation of the system.

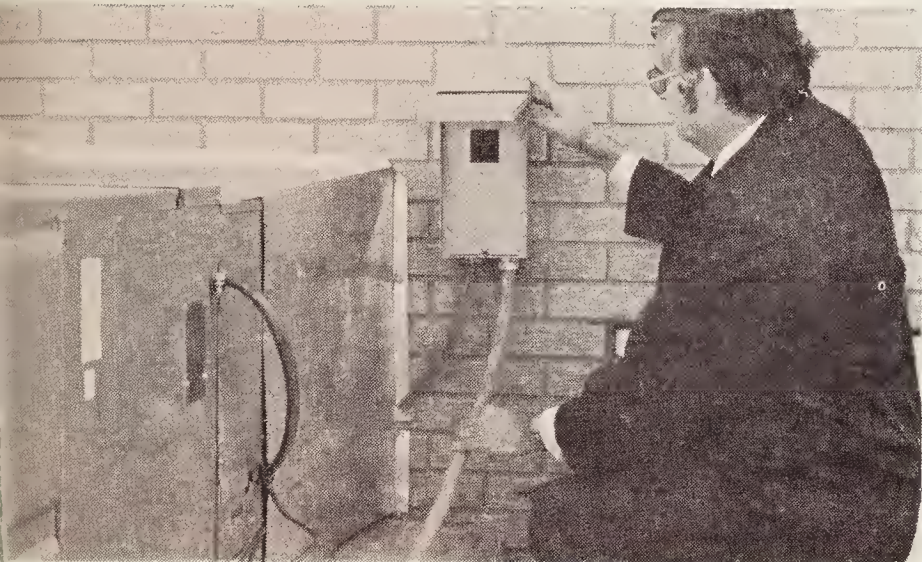
As in any heating system, proper insulation is also vital to its efficient operation. TVA power distributors agree to undertake inspection and certification of heat pump installations. The Tennessee Valley will check home insulation and the air distribution system, as well as on the heat pump itself. All these factors will have to be recommended standards before certification is granted.

The Sand Mountain Electric Cooperative headquartered in Rainsville, Alabama, was the first retail power distributor in the Tennessee Valley to agree to undertake the inspection and certification of heat pump installations in its service area.

"Right now, in addition to sponsoring training schools for heat pump



Bill Oxford, left, and Roscoe Young of the Sand Mountain Electric cooperative, use a heat pump in their installation and service classes.



This heat pump was installed in a new home in Rainsville, Alabama.

Families can enjoy year-round comfort at less cost with a heat pump.



installers and servicemen, we are also working with building contractors on meeting the insulation standards," commented Roscoe Young, manager of the cooperative. "The contractors here have been placing the recommended insulation in the ceilings and walls, but they have not seen the need to put two inches under the floors. Until we get this practice established, we won't be able to certify the heat pump installations."

In order for a dealer to receive recognition as a certified heat pump dealer, at least six of his installations must be inspected by the power distributor and certified as meeting all criteria. He must then maintain a high percentage of certified installations to keep his certification.

"When this program is in full operation through the various power distributors in the Valley, the customer, by buying from a certified dealer, can be confident that he is getting a well manufactured heat pump and that it is being installed and serviced by a responsible dealer who understands its operation," says Richard B. Davis.

"This should help eliminate the major problems experienced in the past and should restore the reputation of the heat pump as the most efficient and economical source of home heating available on today's market." ♦

If you're interested in buying a heat pump—or if you already own one—TVA has a new folder which will be useful in helping you understand its operation. You can pick up your free copy at most power distributor offices or write to the Information Office, Tennessee Valley Authority, Knoxville, Tennessee 37902, and ask for the folder, "Heat Pump—The Energy Miser."

**Use
Electricity
Wisely**

Tideland's Peaceful People



Mennonite children, dressed in homemade garments, play outside their one room school in Hyde County.

They cover their heads to pray or prophesy. They make their own "modest" clothes.

They find the public schools a bad influence.

They do not vote.

They will not kill.

These people are Mennonites, living in the Grassy Ridge area of Hyde County. Their community is centered around an open plain, spare white houses, a church, a one-room school.

They are slightly fewer than 100 in 14 families, served by Tideland Electric Membership Corporation. They came to this area in 1965.

I visited the Mennonites unannounced with two staff members from the Tideland office. We went to two homes and the school and were welcomed very warmly. The people we met seemed glad to tell us what it is to be a Mennonite.

Mrs. Rosa Mullet, her husband, and their three children live in the house next to the school. She received us in the style of clothing worn by all the women in the community, a long cotton dress, black stockings and shoes, a white net cap on her head.

Mennonites are members of an evangelical Protestant Christian sect founded in Friesland in the 16th century. Mennonites oppose the taking of oaths, infant baptism, military service and the acceptance of public office, and favor plain dress and plain living. Mrs. Mullet said they believe strongly in non-violence, separation of church and state and the baptism of adults rather than infants and object to the rituals of the established church.

The name Mennonite comes from Menno Simons (1492-1559), a maverick priest in the Friesland province of

the northern Netherlands who broke away from the established church. Mrs. Mullet said he wanted people "to live like Christians," separated from state control and practicing the baptism of adults.

There are now more than 100,000 people in the United States and Europe using the name Mennonite, Mrs. Mullet said. But there are great differences among them, and Mrs. Mullet said the European Mennonites adhere to few of the original beliefs.

About nine years ago, a group of seven Mennonite families led by Henry Zook came to the Eastern North Carolina tract from the Norfolk area. They came to avoid growing urbanization and military activity there. They were seeking land. Some Mennonites from that Norfolk group remained while others went to central Virginia.

The North Carolina group has grown since then. The Mulletts came from Montana. Others came from Pennsylvania.

They are not all farmers. Paul Zook has a woodworking shop in his garage called Hyde Woodcraft. Most of his business comes from close to home, but he has had orders from as far as Durham and Pennsylvania, he said.

Then there is an overhead door company. There is a school teacher. Mullet works for the Department of Social Services. Several of the women make beautiful quilts to sell. And a nursery is just getting started. The land and the businesses of the community are privately owned.

The Mennonites, Mrs. Mullet said, believe in honesty and paying their debts. They believe in complete separation of church from state and that, to them, means not voting. Although they believe in government, they feel it is for people who have not been "born again."

"Government is necessary because of lawless people," she added.

Then, how can her husband work for a governmental agency? "He doesn't help to make any policies," she explained.

"We are taught that we are going to be judged by our works." But that doesn't mean just doing and producing. "Our faith is one of our works. Maybe 'virtues' would be a better word."

The community adheres very closely to the Bible, the King James version. "I believe that everyone needs to be subject to The New Testament," she added.

The Mennonites' manner of dressing is based on modesty, Mrs. Mullet said. The caps are worn because they believe that the head should be covered while they are praying or prophesying. The clothes are home-made because they rarely find clothes in stores compatible with "the command to be modest," she added.

Though they are little interested in the civil laws of the land, they do have church rules. The church is headed by a pastor, but this is not a full-time job. He has other work for earning a living. Other church officers are a deacon and a bishop.

Sunday school is followed by a sermon on Sunday mornings. On Sunday nights the community meets again for talks by laymen. On Wednesday nights they gather for Bible studies. Men are usually the speakers, Mrs. Mullet said. Mennonite women are not ordained ministers.

All of the children in the community attend a one-room school. There are about 25 of them, from first grade to high school age.

Mrs. Mullet said Mennonites avoid public schools to keep the children away from their "bad influence." This "bad influence" includes the "teaching of evolution," which is forbidden because it is "contrary to the Bible," and an emphasis on military and war heroes. "Jesus taught not to take life at all."

When we visited the school, each grade stood up consecutively to greet us. They had been listening to a story being read after the noon recess. The story concerned a young boy named Eli and contained several Mennonite references.

On the board behind the teacher was a list of good leadership qualities: unselfishness, choosing for the good of the whole group, fearing God, kindness, temperance, mercy, prudence, justice, wisdom. The bookshelves held a lot of hymnals.

The school offers the first eight grades. After that, if a student wants to go to high school, he enrolls in a correspondence program through the American School.

The school teacher had finished high school but had no college training. "There is not too strong a belief in higher education in this community," said Mrs. Mullet. However, there are several Mennonite colleges — and Mrs. Mullet has a degree in religious education.

She said the Mennonites don't see any "saving value" in non-Christian religions and, as a result, they support missions in many countries.

They believe, she said, that "the only way to find God is through Christ."

Peggy Payne



Mrs. Mullet: "Our faith is one of our works."

A Year-Round Gift

Give your favorite people something extra and special this Christmas. Order gift subscriptions of *Carolina Country* for friends, relatives and anybody else with whom you wish to stay in touch.

Carolina Country will remind them each month you are thinking of them and enable them to share the things you like about North Carolina's favorite little family magazine.

To order, Send \$1, plus 10 cents for handling and sales tax, along with the name, full address, including zip code, for each person to whom you want the magazine mailed.

Address orders to: Subscription Dept., *Carolina Country*, 3333 North Blvd., Raleigh, N.C. 27604. Subscriptions will start in February.

Make checks (or money orders) payable to: **Carolina Country Subscription.**

CLOCK OILING KIT

For the hobbyist
who needs a fine oiling kit

With our SERVICE KIT you can oil and lubricate most any type of clock—**SPRING-WOUND — WEIGHT-DRIVEN — ELECTRIC — AND WOODEN-GEAR CLOCKS.** Also do simple cleaning jobs. Kit will service about 50 clocks.

KIT includes seven selected items:

PROFESSIONAL CLOCK OILER — CLOCK OIL — GREASE — GRAPHITE — BRUSH — LEVEL — INSTRUCTIONS — GUARANTEEED — ONLY \$5.95 — POSTAGE PAID.

CLOCK GALLERY

Morgantown,
Indiana
46160

ORNAMENTAL

Windmill

"American
Style"



2 SIZES

8 FT.

& 4 1/2 FT.

AUTHENTIC, BUILT TO
SCALE. TURNS IN
SLIGHTEST BREEZE.
ALL STEEL CONSTRUCTION.

8 ft. American Style . . . \$49.95

4 1/2 ft. American Style . . \$32.95

Call or write for information

PALMER ENTERPRISES

1140 Cache Road
Lawton, Okla. 73501
Phone 405/357-4400

MAIL BOX

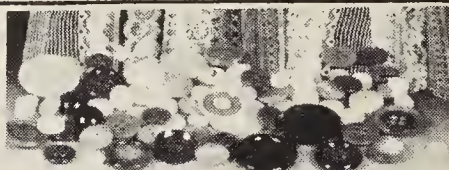
Carolina
Country



I want you and your staff to know how much I really appreciate the fine coverage on the front page and the article in your July issue. It was all great. Many, many thanks for everything.

I've had many inquiries and all sorts of people have told me they saw the magazine. Carolina Country is read by some mighty nice folks.

The little girl, Wanda, in the picture and story was "tickled pink" about



50 YARDS LACE — \$1.25

LACE — LACE — LACE . . . 50 yards of Lace in delightful patterns. Edgings, braids, insertions, etc. All beautiful colors, full widths. Pieces at least 10 yards in length. Marvelous for dresses, pillow cases, etc. Terrific as hem facing on new double knit fabrics. Only \$1.25 plus 25¢ pstg., double order \$2.39 plus 35¢ pstg.

FREE with lace 100 BUTTONS!

100 New, High Quality Buttons. All colors, sizes, and shapes. Many complete sets. Free with each Lace order. Order Now!

LACE LADY DEPT. LN-101
808 Washington St. Louis, Mo. 69101

being in the magazine. All her folk and especially the grandparents she lives with, thought it was real nice too "Thanks" for her.

Bob Timberlake
Lexington

I read your article on Variety Vacationland in the May 1974 issue and felt it was a very good story on North Carolina and its many vacation varieties. It is a very informative and interesting article and makes me proud to know that I am a part of this great state.

Carolyn Miller
Fleetwood

Your Carolina Country magazine is a welcome guest in my home. I wish to refer to an article appearing in the July issue — "For Better Medical Care." An extremely interesting venture in your rural community has been the Alber Schweitzer Hospital. Sometime in the future could you publish an article on this most worthy project? I hope it is still active. Thanking you.

Josephine D. Vogel
Sarasota, Florida

Bald-Headed Men of America



FOR INFORMATION ON HOW YOU OR YOUR BALD FRIENDS CAN JOIN THIS UNIQUE AND FUN CLUB — SEND \$1.00 TO JOHN T. CAPPS, III, FOUNDER, BOX 1238, OUNN, N. C. 28334 - (919) 892-7365

U. S. Civil Service Tests!

Men-women age 18 and over. Prepare now for the U.S. Civil Service exams for job openings during the next 12 months.

Government positions pay high starting salaries. They provide greater security than private employment and opportunity and advancement. Many positions require little or no specialized education or experience.

But to get one of these jobs, you frequently must pass a test. The competition is keen.

Lincoln Service has helped many people prepare for these tests every year since 1948. It is one of the largest and oldest privately owned schools of its kind and is not connected with the Government.

For FREE information on Government jobs, including list of positions and salaries, fill out coupon and mail at once — TODAY.

You will also get full details on how you can prepare yourself for these tests.

Don't delay — ACT NOW!

LINCOLN SERVICE, Dept. NC-1-R
Pekin, Illinois 61554

Name _____ Age _____

Street _____ Phone _____

City _____ State _____ Zip _____

Time at home _____

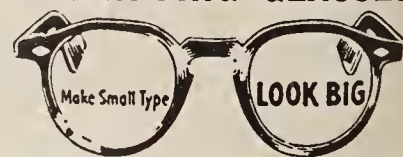
BOOKS ABOUT N.C.

700 Title catalogue free on request.

We buy old books!

The Bookmark, Box 729,
Wendell, N.C. 27591

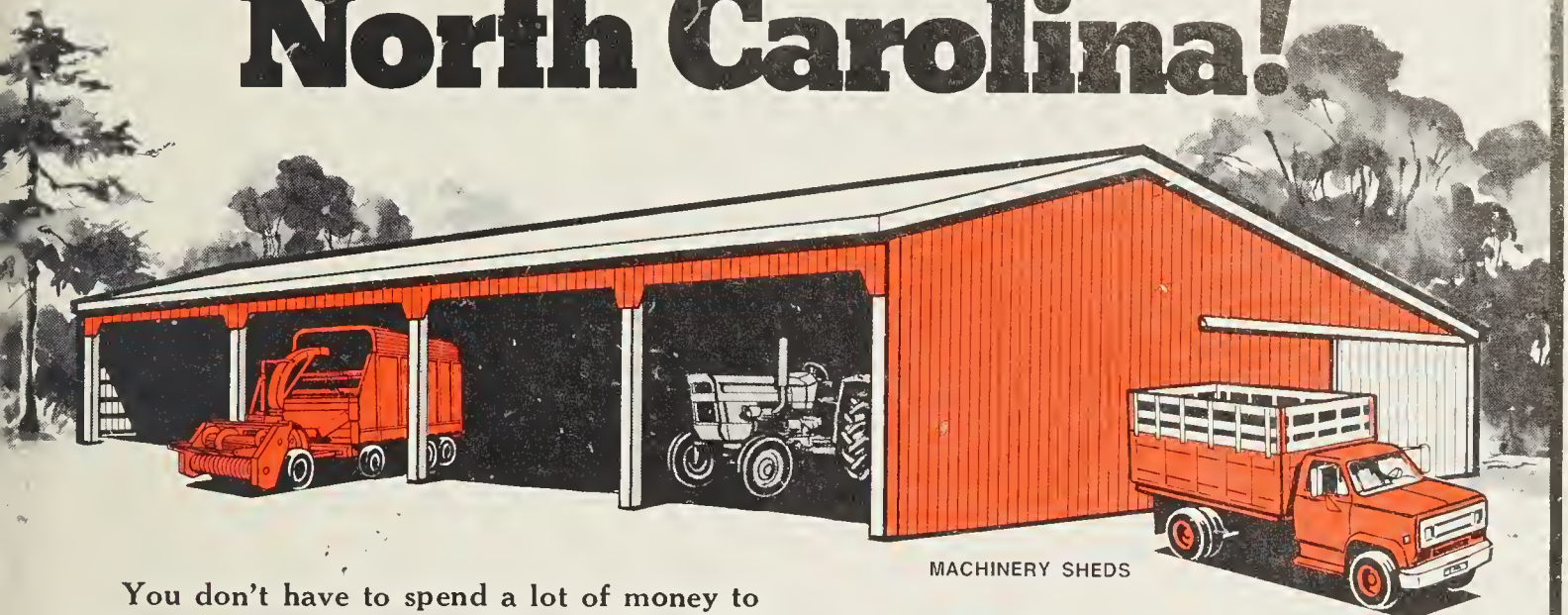
MAGNIFYING GLASSES



A Blessing For Folks Over 40

Read newspaper, telephone book, Bible and do close work easily. SEE CLEAR! INSTANTLY. Not Rx or for astigmatism or eye diseases. 10 day trial. Sturdy good-looking. Glass precision ground and polished; metal hinges. Send age, sex. SATISFACTION GUARANTEED. On arrival pay postman \$5.95 plus C.O.D. or send only \$5.95 and we pay postage. PRECISION OPTICAL CO., Dept. 116-A Rochelle, Ill. 61068

It's Easy to Buy a Good Building in North Carolina!

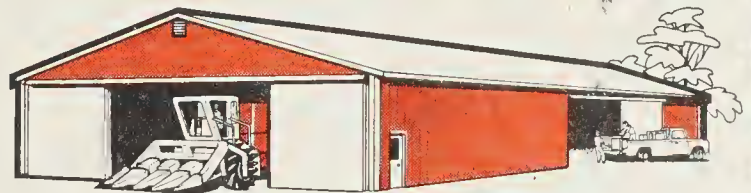


MACHINERY SHEDS

You don't have to spend a lot of money to get an attractive, dependable farm building that will help you do a better job of farming. All you have to do is pick up your telephone and call the farm building professionals at Wickes Buildings.

We offer a large variety of attractive, wood frame buildings with beautiful maintenance-free exteriors of color steel or aluminum. Machinery storage buildings, loafing barns, shelters, poultry structures, crop storage, garages, workshops and utility storage buildings. All types and sizes—all designed for the special needs of southern farming.

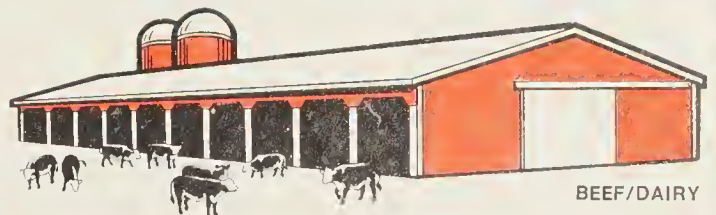
Right now is a good time to buy one of these rugged, clear-span buildings, too. Because we're offering substantial 'Early Winter' discounts off our regular low prices. If you need a new building—order it now. It's a great buy.



MACHINERY STORAGE

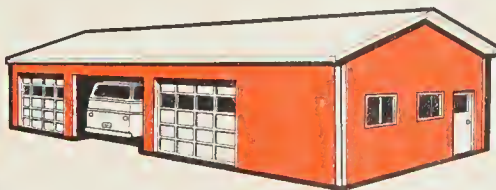


SHELTERS



BEEF/DAIRY

GARAGES
•
WORKSHOPS



Wickes Buildings

A Division of The Wickes Corporation

Salisbury, North Carolina
Box 196, Highway 601 By-Pass • Tel: (704) 636-7051

**Early Winter Discounts
Now in Effect!**

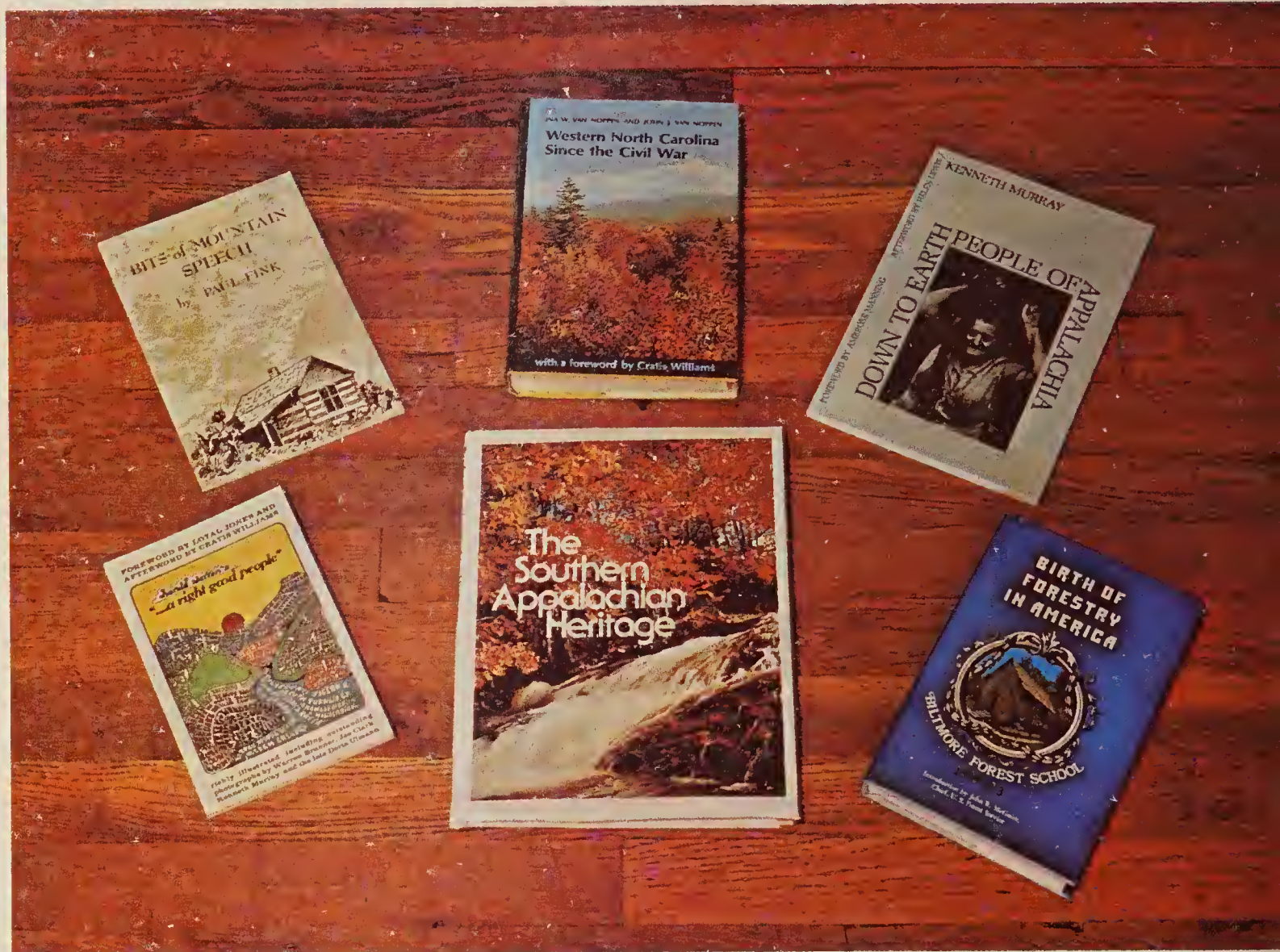
LIMITED TIME ONLY. Building prices may never be this low again. Act today and save.

Call collect or mail coupon for more information. C-12

Name _____
Address or R.R. _____
Town _____
State _____ County _____
Tel: _____

Ideal Christmas Gifts: Just released - Books We all have been Waiting for -

Honest books by, for and about people of Western North Carolina and the Southern Appalachia



10% DISCOUNT WHEN THREE (3) OR MORE BOOKS ARE ORDERED
The Appalachian Consortium Press, Boone, North Carolina 28607

"... a right good people" — Harold Warren — 128 pages, 37 illustrations — Paper. "One of a limited number (of books) that will win the approval of native mountain people." — Loyal Jones, Director, Appalachian Center, Berea.

\$ 2.50

Down to Earth — People of Appalachia — Ken Murray — 128 pages, over 200 illustrations Paper. — "The memory will last forever." — Ambrose Manning, Professor of English, East Tennessee State University.

\$ 2.95

Bits of Mountain Speech — Paul Fink — 32 pages — Paper — A bodacious collection of tidbits of mountain speech. — "Excellent" — Rogers Whitener, Folk Ways and Folk Speech.

\$ 1.25

Western N.C. Since the Civil War — Drs. Ina and John Van Noppen — 436 pages, 132 illustrations, indexed — Hard Cover — "A proud, positive history of a proud and independent people. Superb. Should be in every home." — Dr. W.H. Plemmons, President Emeritus, Appalachian State University.

\$12.95

Western N.C. Since the Civil War — Drs. John and Ina Van Noppen — Paper.

\$ 4

The Birth of Forestry in America — Carl Alwin Schenck — A reprint of the 224 page illustrated history of the first school of forestry in America which was founded in Western North Carolina at the Biltmore Estate. — Hard Cover — "It will hold your attention — don't fail to read it" — Journal of Forestry.

\$10

The Birth of Forestry in America — Carl Alwin Schenck — Paper.

\$ 4

The Southern Appalachian Heritage — Seventy full four-color illustrations plus full color cover — twenty thousand word text including ballads, recipes, folklore, history, etc. — Shrink Wrapped — Hard Cover — "Without a doubt the most beautiful, delightful, big book about our colorful region ever produced. Long overdue." — Borden Mace, Executive Director, Appalachian Consortium.

\$ 5

CUT OFF ORDER FORM (Detach and mail to: The Appalachian Consortium Press, 407 East Howard Street, Boone, N.C. 28607) We pay postage and handling charges on all prepaid orders.

Please send the books marked:

QUANTITY	TITLE	PRICE EACH	TOTAL \$
_____	"... a right good people."	\$ 2.50	_____
_____	Down to Earth — People of Appalachia	\$ 2.95	_____
_____	Bits of Mountain Speech	\$ 1.25	_____
_____	Western North Carolina Since the Civil War, cloth edition	\$12.95	_____
_____	Western North Carolina Since the Civil War, paperback edition	\$ 4.95	_____
_____	The Birth of Forestry — Hard Cover	\$10.95	_____
_____	The Birth of Forestry — Paperback	\$ 4.50	_____
_____	The Southern Appalachian Heritage — Hard Cover	\$ 5.95	_____
_____	TOTAL	_____	_____

Less 10% when three or more books are ordered at one time.

TOTAL

Plus 4% N.C. Sales Tax where applicable.

TOTAL ENCLOSED

NAME _____

NUMBER & STREET _____

CITY _____

STATE _____ ZIP _____

Signature _____